

A U S T R A L I A N

# diabetic LIVING

**FEEL  
GOOD  
FOOD**

**EAT FOR:**

» **YOUR HEALTH**

» **WEIGHT LOSS**

» **EMOTIONAL  
BALANCE**

ONE-PAN  
SPAGHETTI &  
MEATBALLS  
p17



**GARY'S STORY**

*"Losing  
my leg has  
been eye-  
opening"*

**PLUS!**  
**47 RECIPES  
THAT SATISFY**

# TAKE CHARGE

**OF SMART FOOD CHOICES, BALANCED EATING,  
MANAGING YOUR MEDS**

## **BG METERS**

What's on the market  
and right for you

## **MUSCLE UP**

How to minimise muscle  
loss as you age

## **FASTING**

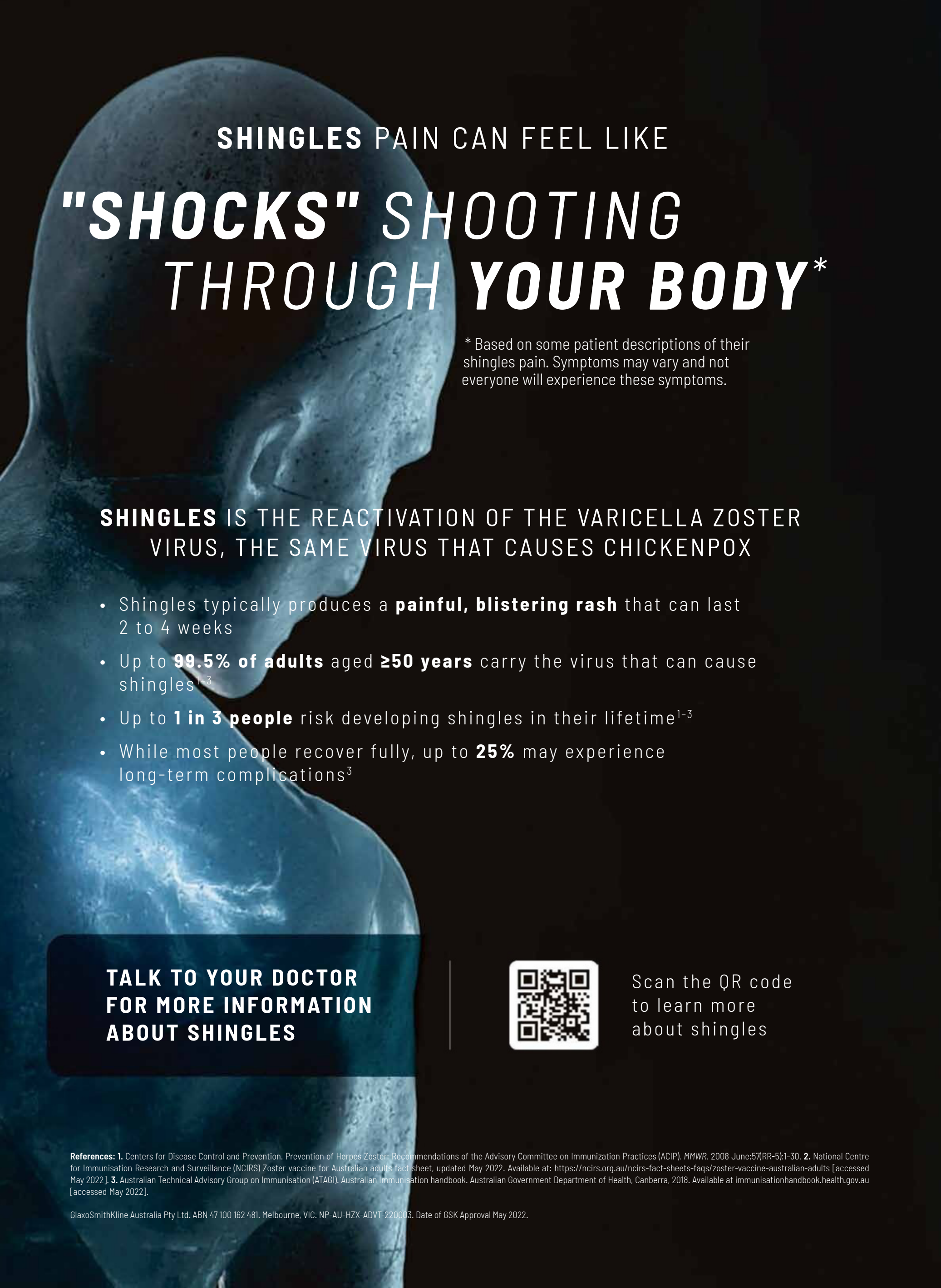
Is this the diet you've  
been looking for?

SEPT/OCT 2022 \$8.50 NZ \$9.20

**are**  
media







# SHINGLES PAIN CAN FEEL LIKE "SHOCKS" SHOOTING THROUGH YOUR BODY\*

\* Based on some patient descriptions of their shingles pain. Symptoms may vary and not everyone will experience these symptoms.

**SHINGLES** IS THE REACTIVATION OF THE VARICELLA ZOSTER VIRUS, THE SAME VIRUS THAT CAUSES CHICKENPOX

- Shingles typically produces a **painful, blistering rash** that can last 2 to 4 weeks
- Up to **99.5% of adults** aged **≥50 years** carry the virus that can cause shingles<sup>1-3</sup>
- Up to **1 in 3 people** risk developing shingles in their lifetime<sup>1-3</sup>
- While most people recover fully, up to **25%** may experience long-term complications<sup>3</sup>

**TALK TO YOUR DOCTOR  
FOR MORE INFORMATION  
ABOUT SHINGLES**



Scan the QR code  
to learn more  
about shingles

**References:** 1. Centers for Disease Control and Prevention. Prevention of Herpes Zoster: Recommendations of the Advisory Committee on Immunization Practices (ACIP). *MMWR*. 2008 June;57(RR-5):1-30. 2. National Centre for Immunisation Research and Surveillance (NCIRS) Zoster vaccine for Australian adults fact sheet, updated May 2022. Available at: <https://ncirs.org.au/ncirs-fact-sheets-faqs/zoster-vaccine-australian-adults> [accessed May 2022]. 3. Australian Technical Advisory Group on Immunisation (ATAGI). Australian Immunisation handbook. Australian Government Department of Health, Canberra, 2018. Available at [immunisationhandbook.health.gov.au](https://immunisationhandbook.health.gov.au) [accessed May 2022].

GlaxoSmithKline Australia Pty Ltd. ABN 47 100 162 481. Melbourne, VIC. NP-AU-HZX-ADVT-220003. Date of GSK Approval May 2022.





17 — 124

17

96

## » FOOD

- 14 **5 days, 5 dinners** Inspiration for everyday meals
- 24 **Red meat** Get your daily iron and some serious flavour
- 34 **Perfecto pasta** Have the best of both worlds
- 44 **Healthy lasagne** It can be both!
- 45 **Spring into salads** Take a walk on the light side
- 56 **Great balls of flavour** Make meatballs the star of your meal
- 62 **More fish more veg** Tom Walton brings fresh flavour to fish & veg
- 70 **Breakfast for champions** Get Father's Day off to a cracking start
- 75 **Dairy queens** Sweet sensations you'll love!

## » LIVING WELL

- 92 **Fasting diets** Is it right for you?
- 96 **Meter matters** Too much choice? We're here to help!
- 102 **Binge vs balance** Say goodbye to cravings
- 108 **Checkout choices** Food fad or worth paying for?
- 112 **Mind your medicine** Pharmacist Gerard Stevens AM can help manage your meds
- 115 **7 things Shingles** What you need to know
- 116 **Best foot forward** Foot care is an important part of management
- 120 **Understanding Sarcopenia** Dr Kate Marsh explains the facts

## SPECIAL OFFER

Turn to page 126 and subscribe to *Diabetic Living*, for your chance to save 42% off the regular price!



76

SEPTEMBER/OCTOBER 2022

# CONTENTS



112

## » MY STORY

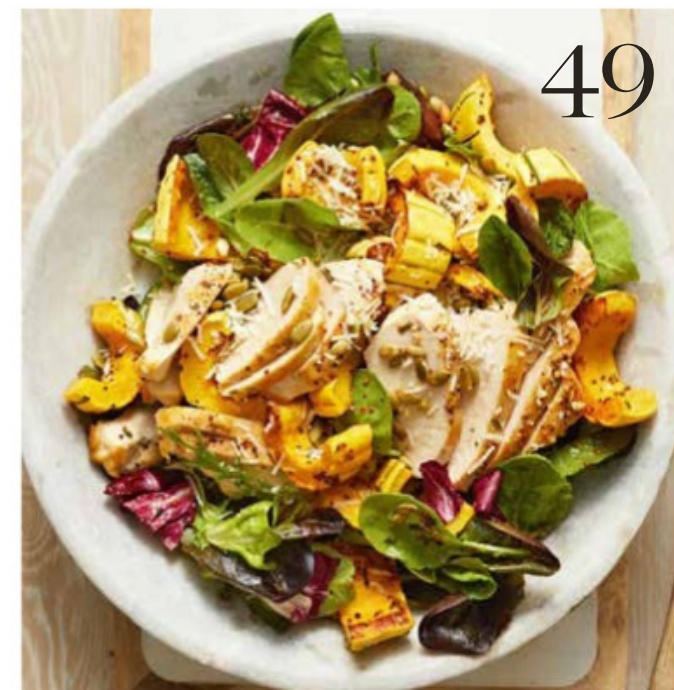
- 124 'I might end up living 10 to 15 years longer'

## » REGULARS

- ? Privacy notice
- 6 Editor's note
- 4 Just diagnosed
- 8 Your healthy life
- 90 About our food
- 86 Cook's tips
- 88 Menu plan
- 128 Puzzles
- 131 Contact info



116



49



# JUST diagnosed

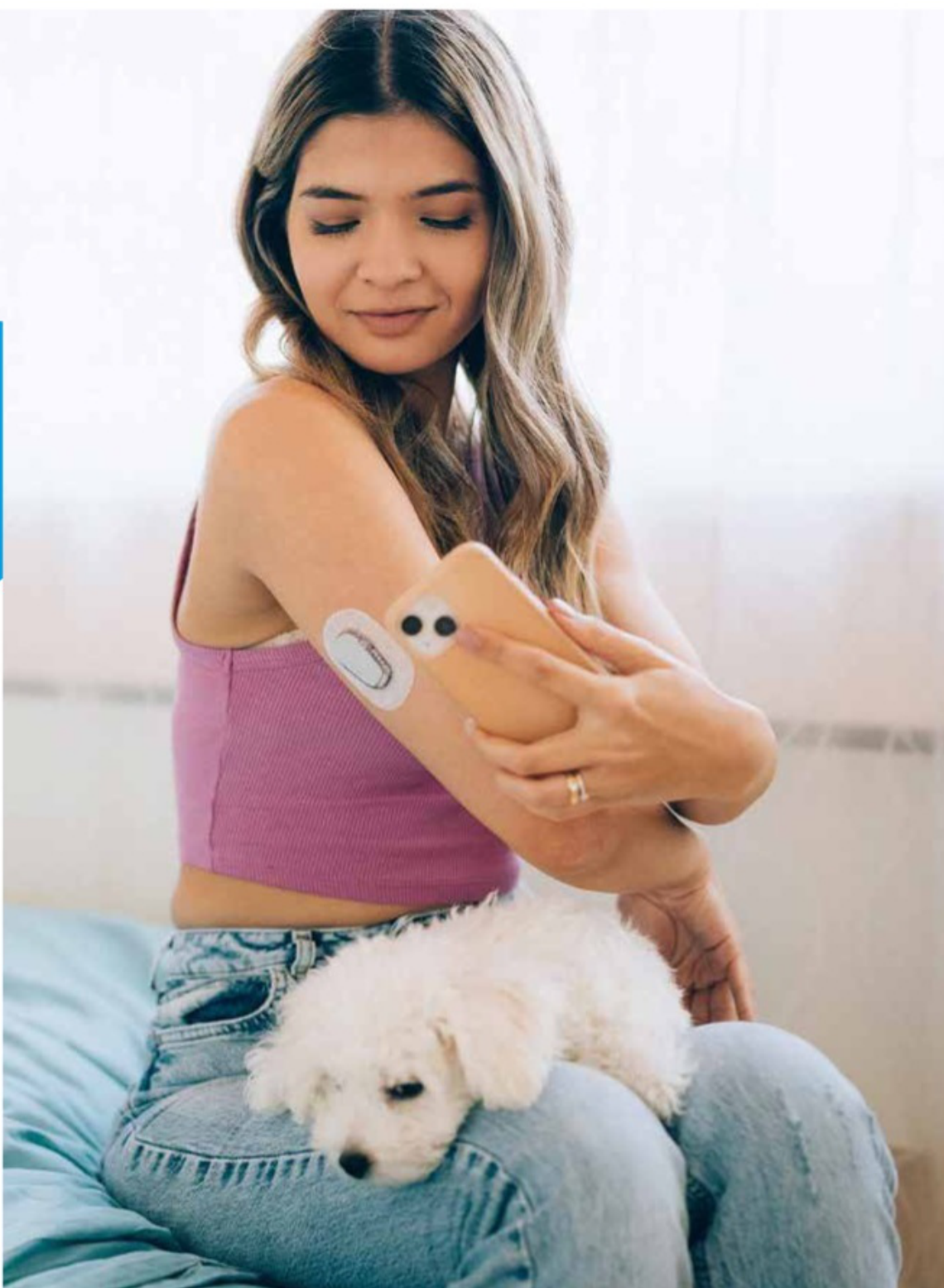
START  
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

## DIABETES 101

Getting your head around “diabetes lingo”? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs



drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of

people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



## TYPE 1 & TYPE 2...

What's the difference?

**TYPE 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

**TYPE 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

AROUND

85%

of diabetes related amputations are preventable if wounds are detected early and managed appropriately.



## FOOD MYTHS FOR PWD

### It's my sweet tooth!

**It's not that simple.** While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

### No more chocolate!

**False.** As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

### Ugh. A 'special diet'

**Not really.** These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

\* That's People With Diabetes

## TAKE THIS TO HEART

### 1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

### 2 It's your move

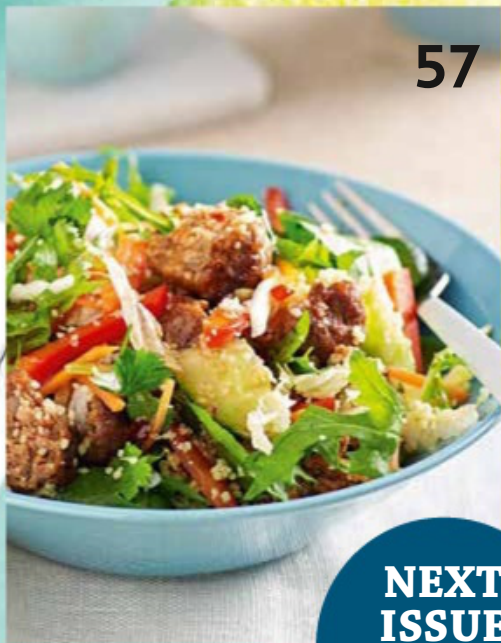
Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

### 3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■





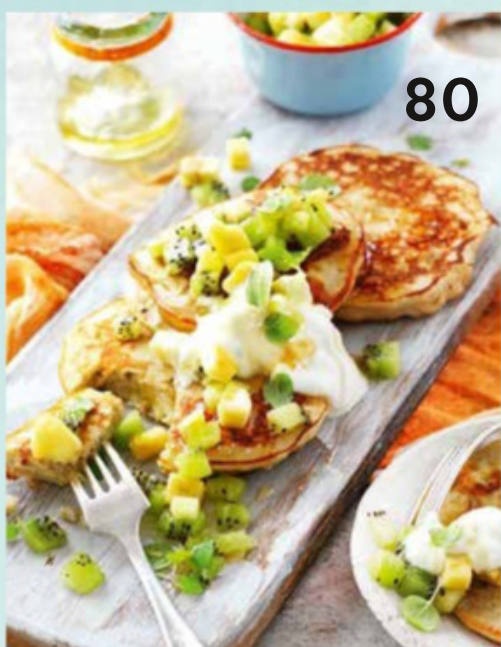


57

**NEXT  
ISSUE  
ON SALE  
OCT 13**



120



80

## You've got this

I had a really blah day recently. Nothing bad happened but I felt sluggish, out of sorts and kept swinging by the fridge and pantry (easy to do when you're working from home) to see what food had magically appeared (spoiler alert – none). What was going on? This is what happens to my days if I skip my morning exercise session. On this day I'd decided I was too busy – doing housework, looking at Facebook, talking to the cat. The next day I did my exercise session (a simple at-home routine that gets me a bit hot and sweaty) and my day went so much better! When will I learn? It was a great reminder that I can take charge of how I feel and while I can't control everything, I can certainly take action to put me in the best position to have a great day.

In this issue we've got a number of features that I hope will help you take charge too. In addition to plenty of deliciously healthy recipes (meatballs? yes, please!), we've got a round-up of the latest blood glucose monitors, strategies to help bring balance to your eating, a plan for managing medications and a dietitian talks us through the latest food and nutritional info.

I know you enjoy our real life stories and this issue Gary shares his shocking story of noticing a small red spot on his toe that resulted in a below-the-knee amputation just days later. Now, he's lost 23kg and is looking forward to a much healthier future.

What are some behaviours, habits or beliefs you can take charge of today that will help make getting through your day that bit more manageable?



*Alix*

Alix Davis,  
Editor

*We'd love to hear from you!*

We want to hear your stories, answer your questions and share the love with other readers



diabeticliving@aremedia.com.au



diabeticliving.com.au



facebook.com/  
DiabeticLivingAU

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.





# Regulate your Blood Glucose Levels naturally and control your diabetes!

## Discover a much better version of yourself...

Good nutrition makes a huge difference to how you manage your type 2 diabetes. It helps your blood glucose levels, weight, LDL cholesterol and blood pressure. A healthy diet is so important, it's even recommended when an intensive type 2 diabetes treatment is required.

This is why an Australian dietician developed low GI BodyCare Nutrition Revitalise. It's an ultra-low calorie, low carb and low fat diabetes relief shake. Revitalise contains protein, essential amino acids and prebiotic fibre. It also has a low glycemic load, reducing the risk of insulin resistance. Revitalise is the real deal. It nourishes your body and tastes incredible!



Use Revitalise as part of a healthy eating diet plan and exercise.

### Essential for weight loss...Get your blood glucose and insulin levels under control

Elevated insulin can blunt your attempts to lose weight.

Eating a healthy, balanced diet with foods from the main food groups: protein, complex carbohydrates and fats is key. This will result in greater improvements in blood glucose control. You will not only lower blood glucose levels, you will reduce the rise of blood glucose levels after eating and better stabilise your blood glucose profile throughout the day.

**How Revitalise helps you lose weight and lowers your blood glucose and insulin levels...** At only 140 calories per serve, Revitalise is an ultra-low calorie diabetes relief shake. It helps you develop healthy eating habits for sustained weight loss.

Drink Revitalise with low calorie, low carbohydrate or low GI meals. Or drink Revitalise as a between meal snack. Revitalise will make your weight management journey much easier.

Revitalise makes you feel full. With Revitalise you may find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight, increase your energy levels and enjoy vibrant health!

**Reducing Insulin levels...** The combination of low GI and healthy levels of protein and fibre means Revitalise stops you from snacking on unhealthy food. The soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose. This also reduces insulin load and insulin resistance. During weight loss you can increase insulin sensitivity of body fat, muscles and liver.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$34.95, Revitalise gives you 14 serves (up to 2 weeks). See below for stockists or ask your local chemist to get Revitalise in for you.

**Free delivery for online orders** Can't get to the chemist? Revitalise is available online from [bodycarenutrition.com.au](http://bodycarenutrition.com.au). Insert Coupon Code **goodhealth2022** into the shopping cart for **free delivery**. Offer expires 16/10/22.



 **Made in Australia**

**Queensland**  
**Brassall**, Brassall Pharmacy  
**Buderim**, Buderim Pharmacy  
**Caboolture**, Caboolture Super Clinic Pharmacy  
**Caloundra**, Direct Chemist Outlet  
**Cannonvale**, LiveLife Pharmacy  
**Centenary Heights**, Southtown Pharmacy  
**Charters Towers**, Griffiths Chemmart Pharmacy, Gill St  
**Chermside**, Direct Chemist Outlet  
**Darra**, Direct Chemist Outlet (Monier)  
**Eumundi**, Eumundi Village Pharmacy  
**Gladstone**, GP Discount Pharmacy  
**Hervey Bay**, (Pialba), Friendlies Pharmacy  
**Home Hill**, Complete Health Pharmacy  
**Karalee**, Karalee Chempro Chemist  
**Kawana**, Chemist Discount Chemist  
**Mapleton**, Mapleton Pharmacy  
**Margate**, Terry White Chemmart  
**Marsden**, Marsden Clinic Day & Night Pharmacy  
**Maryborough**, Bart Vanarey Maryborough Pharmacy  
**Murgon**, Amcal Pharmacy  
**Pelican Waters**, Pelican Waters Pharmacy  
**Redbank**, Priceline, Redbank Plaza  
**Riverview**, Riverview Chemist  
**Springwood**, Chatswood Hills Chempro Chemist  
**Toowoomba**, Southtown Pharmacy Centenary Heights  
**Toowoomba**, Terry White Toowoomba Medical, James St  
**Yandina**, Sunshine Coast Compounding Pharmacy  
**Yeppoon**, LiveLife Pharmacy Yeppoon Central  
**New South Wales**  
**Albion Park Rail**, Good Price Pharmacy  
**Armidale**, Mount View Pharmacy  
**Austral**, Pharmacist Advice  
**Austral**, West Hoxton Pharmacy  
**Bargo**, Pharmasave Bargo Discount Pharmacy  
**Barrack Heights**, Centre Health Pharmacy  
**Bateau Bay**, Bateau Bay Road Chemist  
**Bathurst**, Moodies Pharmacy, Howick Street  
**Bellambi**, Bellambi Pharmacy  
**Birrong**, Birrong Pharmacy, Auburn Rd  
**Blacktown**, McGills Pharmasave Pharmacy  
**Bradbury**, Bradbury Village Pharmacy  
**Bundanoon**, Bundanoon Pharmacy

**Campbelltown**, Seftons Pharmacy  
**Campsie**, Bassams Pharmacy  
**Campsie**, Georges Pharmacy  
**Caringbah**, Coady's Pharmacy  
**Cecil Hills**, Penna's Pharmacy  
**Cessnock**, The Chemist, Vincent St  
**Chipping Norton**, Little Tree Pharmacy  
**Cooranbong**, Cooranbong Pharmacy & Compounding  
**Drummoyne**, Destros Pharmacy  
**Dubbo (East)**, Orana Mall Pharmacy, Orana Mall  
**Dundas**, Springfield Pharmacy  
**Edensor Park**, Pennas Pharmacy  
**Erina**, HealthSAVE Chemist, Erina Fair  
**Figtree**, Figtree Plaza Chemist  
**Forbes**, Flannery's Pharmacy  
**Forbes**, Life Pharmacy, Bernardi's Market Place  
**Forster**, Your Discount Chemist  
**Glendale**, Chemistworks, Stockland Super Centre  
**Glendenning**, Medicines R Us Chemist  
**Glenmore Park**, Mediadvise, Town Centre  
**Goulburn**, Priceline, Centro  
**Greenacre**, Your Discount Chemist  
**Green Valley**, Penna's Pharmacy  
**Gregory Hills**, Medicines R Us Chemist  
**Hammondville**, Hammondville Discount Pharmacy  
**Hassall Grove**, Medicines R Us Chemist  
**Helensburgh**, Helensburgh Pharmacy  
**Jamisontown**, Medicines R Us Chemist  
**Katoomba**, Greenwell & Thomas Chemist  
**Kingsford**, Pharmacy@UNSW  
**Kotara**, Scott Dibben Pharmacy  
**Laurieton**, Your Discount Chemist  
**Lethbridge Park**, HealthSAVE Lethbridge Park Pharmacy  
**Lismore**, Lismore Woodlark Chempro Chemist  
**Liverpool**, Priceline Pharmacy, Westfield  
**Liverpool**, Penna's Pharmacy  
**Maitland (East)**, Your Discount Chemist  
**Manly Vale**, Pharmacist Advice  
**Marsden Park**, Medicines R Us Chemist  
**Miller**, Pharmasave Miller Discount Pharmacy  
**Mittagong**, Capital Chemist  
**Mount Druitt**, Mount Druitt Pharmacy  
**Mullumbimby**, Mullum Chemsave Pharmacy  
**Murrumbateman**, Murrumbateman Pharmacy  
**Narrabeen**, Narrabeen Pharmacy

**Newcastle West**, Doc's Mega Save Chemist, Marketown East S/C  
**Oran Park**, Priceline Pharmacy, Oran Park S/C  
**Orange**, McCarthy's Pharmacy, Lords Pl  
**Padstow**, Smiths MediAdvice Pharmacy  
**Panania**, Panania Pharmacy  
**Penrith**, Penrith 24 Hour Pharmacy (438 High St)  
**Penrith**, Blooms The Chemist, 535 High St  
**Penrith (South)**, Priceline, Southlands  
**Port Macquarie**, Your Discount Chemist  
**Prestons**, Penna's Pharmacy  
**Prospect**, Myrtle Street Pharmacy  
**Quakers Hill**, Quakers Hill Discount Chemist  
**Ramsgate Beach**, Eddies Pharmacy  
**Roseville**, North Shore Pharmacy, Pacific Hwy  
**Rouse Hill**, Cincotta Chemist, Rouse Hill Town Ctr  
**Ryde (West)**, PharmaSave, Victoria Rd  
**Salamander Bay**, Amcal Plus  
**Seven Hills**, Better Health Pharmacy, Shop 70, Seven Hills Plaza  
**Seven Hills**, Priceline, Shop 48, Seven Hills Plaza  
**Shellharbour**, Shellharbour City Pharmacy  
**Shortland**, My Community Pharmacy  
**St Clair**, Priceline, St Clair S/C  
**St Ives**, O'Loughlin's Medical Pharmacy  
**St Marys**, Easy Script, Queen St  
**Sylvania Waters**, Sylvania Waters Pharmacy  
**Tamworth**, Blooms, Peel St  
**Tamworth**, The Centre Pharmacy, Northgate S/C  
**Taree**, Your Discount Chemist  
**Thirroul**, Thirroul Central Chemist  
**Thornleigh**, Discount Drug Store  
**Toukley**, Hopes Pharmacy  
**Ulladulla**, Beachside Capital Chemist  
**Urunga**, The Urunga Pharmacy  
**Wattle Grove**, Wattle Grove Village Discount Pharmacy  
**Wetherill Park**, Chemistworks, Stockland  
**Windang**, Windang Pharmacy & Compounding  
**Wyee**, Wyee Centre Pharmacy  
**Yass**, My Pharmacy, Laidlaw St  
**ACT**  
**Conder**, Lanyon Pharmacy, Lanyon Market Place  
**Kaleen**, Caremore Pharmacy, Kaleen Plaza  
**Wanniassa**, Erindale Pharmacy, Erindale S/C  
**Weston**, Cooleman Court Pharmacy

**Victoria**  
**Bairnsdale**, Terry White Chemmart  
**Ballarat**, Crawfords Pharmacy  
**Bayswater**, Direct Chemist Outlet  
**Braybrook**, Direct Chemist Outlet (Central West)  
**Broadmeadows**, Greater Discount Chemist  
**Broadmeadows**, Hume City Pharmacy  
**Brunswick West**, Moreland Discount Chemist  
**Caroline Springs**, Direct Chemist Outlet (West Springs)  
**Cheltenham**, Direct Chemist Outlet  
**Clayton**, Vicky Melissas Pharmacy  
**Coburg (North)**, Direct Chemist Outlet  
**Deer Park**, Deer Park Pharmacy, Ballarat Rd  
**Deer Park**, Direct Chemist Outlet, Brimbank S/C  
**Diamond Creek**, Diamond Creek Pharmacy  
**Doncaster East**, Tom Lane Pharmacy The Pines  
**Frankston**, 89 Young Street  
**Frankston**, Pharmacy Neo Towerhill  
**Geelong West**, Mitchell & O'Hara Amcal Pharmacy  
**Gladstone Park**, Direct Chemist Outlet  
**Heide Hill**, Herne Hill Pharmacy  
**Keller East**, Lincolnville Pharmacy  
**Lalor**, Direct Chemist Outlet  
**Langwarrin**, Direct Chemist Outlet, Gateway Shopping Village  
**Lavington**, Terry White Chemmart Mayo's Northend  
**Malvern**, Pharmacy Neo, Malvern Central  
**Mooroolbark**, Mooroolbark Village Pharmacy  
**Mornington**, Mornington Village Pharmacy  
**Mount Waverley**, Mount Waverley Pharmacy  
**Mulgrave**, Terry White Chemmart Valewood Pharmacy  
**Noble Park**, Terry White, Douglas St  
**Northcote**, Discount Chemist  
**Northcote**, Soul Pattinson Pharmacy  
**Paynesville**, Paynesville Pharmacy  
**Plenty**, Eco+Life Pharmacy  
**Port Fairy**, Pharmacy Neo Port Fair  
**Red Cliffs**, Terry White Chemmart  
**Ringwood**, Pharmacy Now  
**Rosebud**, Direct Chemist Outlet  
**Strathmore**, Kirschner's Pharmacy  
**Tarneit West**, Direct Chemist Outlet  
**Thornbury**, Steve Kolliou CareMore Pharmacy

**Wantirna**, Community Pharmacy  
**Warrnambool**, Direct Chemist Outlet, Target Warrnambool  
**Waverley Gardens**, NOVA Pharmacy, Waverley Gardens S/C  
**Werribee**, Direct Chemist Outlet Werribee Central  
**Woodend**, Woodend Pharmacy  
**South Australia**  
**Kingston SE**, Kingston Pharmacy  
**Myrtle Bank**, Highgate Chemmart Day / Night Pharmacy  
**Port Lincoln**, Priceline, Porter St  
**Williamstown**, Williamstown Pharmacy  
**Western Australia**  
**Applecross**, Pharmacy 777  
**Exmouth**, Exmouth Pharmacy  
**Ferndale**, Ferndale Pharmacy  
**Girrawheen**, Health First Goldfield Pharmacy  
**Katanning**, Katanning Pharmacy  
**Landsdale**, Landsdale Compounding Pharmacy  
**Mandurah**, Mandurah Central Pharmacy  
**Ocean Reef**, Ocean Reef Pharmacy  
**Stratton Park**, Stratton Park Pharmacy  
**Success**, Cockburn Super Clinic Pharmacy

**Northern Territory**  
**Coolalinga**, Better Health Pharmacy  
**Karama**, Pharmasave Pharmacy



Available at all stores nationally.  
**Buy online:**  
**[www.bodycarenutrition.com.au](http://www.bodycarenutrition.com.au)**  
Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. Please seek advice on your individual dietary needs from an accredited practising dietitian or your healthcare professional. BodyCare Nutrition® Copyright 2022.



# YOUR healthy life

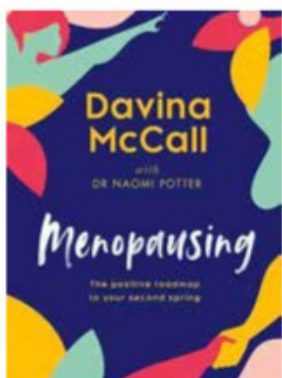
The latest & global news on diabetes, heart health, fitness and books

## POWER OF PROTEIN

If you're trying to lose weight, making a conscious effort to eat more protein might be a smart move. New research shows it's a strategy that not only leads to better, healthier food choices when you're dieting, it also helps to avoid the loss of lean body mass that weight loss can cause. The best sources of protein are whole foods, like chicken, red meat and fish, which provide 20-35g protein per serve; milk and yoghurt, which provide 10-15g of protein per serve; and eggs, legumes, tofu and nuts, which provide 5-12g of protein per serve. Updated advice suggests aiming to eat 1.2-1.6g of protein per kilo of your body weight, each day, to support healthy weight loss.



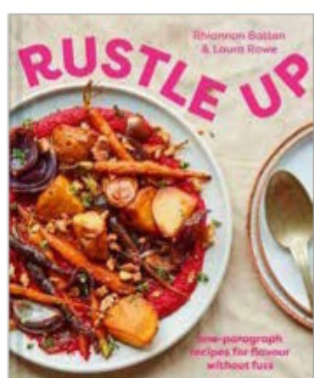




## Menopausal

By Davina McCall  
with Dr Naomi Potter  
HQ, \$19.99

Described as 'the positive roadmap to your second spring', *Menopausal* is written with the intention of taking the taboo away from this life stage. Featuring evidence-based information and enlightening menopause stories from real women, it's designed to empower and equip women to make informed decisions about their health and their lives.



## Rustle Up

By Rhiannon Batten  
and Laura Rowe  
Pavilion, \$32.99

Promising 'good food without fuss', this cookbook features 'micro recipes' that are easy to remember, feature simple, pantry-staple ingredients and only require basic kitchen equipment and know-how. From end-of-day dinners for one, to spur-of-the-moment family gatherings and everything in between, these recipes will quickly become your go-to favourites.

## TRYING TO SAVE MONEY AT THE SUPERMARKET?

With the cost of food on the rise, doing what you can to make your shopping budget go further makes sense. A simple way to save money could be skipping that pre-shopping cup of coffee, after a recent study discovered that caffeinated shoppers buy nearly 30 per cent more items and spend 50 per cent more money than people who drink water before grabbing a trolley. Because caffeine is a stimulant, it triggers the release of dopamine in the brain, which increases impulsivity and decreases self-control. Other tried-and-tested ways to save money when you're grocery shopping? Shop with a list, don't shop when you're hungry and consider avoiding the in-store experience altogether – research shows that online grocery shoppers save money and purchase fewer unhealthy impulse foods.



Q&A ASK DR CLARKE

**I've recently been diagnosed with diabetes, which runs in my family. Because it has significantly impacted the health of one or two family members, I'm worried my future will turn out the same way. I'm doing everything I can to look after myself, but I can't shake the fear.**

**Janine says:** When we worry, our mind wanders into the future and identifies all possible threats and negative events that might happen to us. It's common to worry about things we care about, such as our health and the people important to us. Appreciating the link between worry and care is helpful in effectively managing worry.

The emotional residue of worry is feelings of fear and anxiety, as our nervous system activates to protect us from impending danger. However, because worry is future-oriented, rarely is the threat here now! As a consequence, our bodies are left in an overly aroused state which, over long periods of time, can negatively impact our wellbeing.

Fear is a very natural experience that's hard to completely shake, however, learning to relate differently to worry thoughts when they arise is likely to reduce their impact, and the impact of fear, on your life.

Dr Janine Clarke, psychologist



---

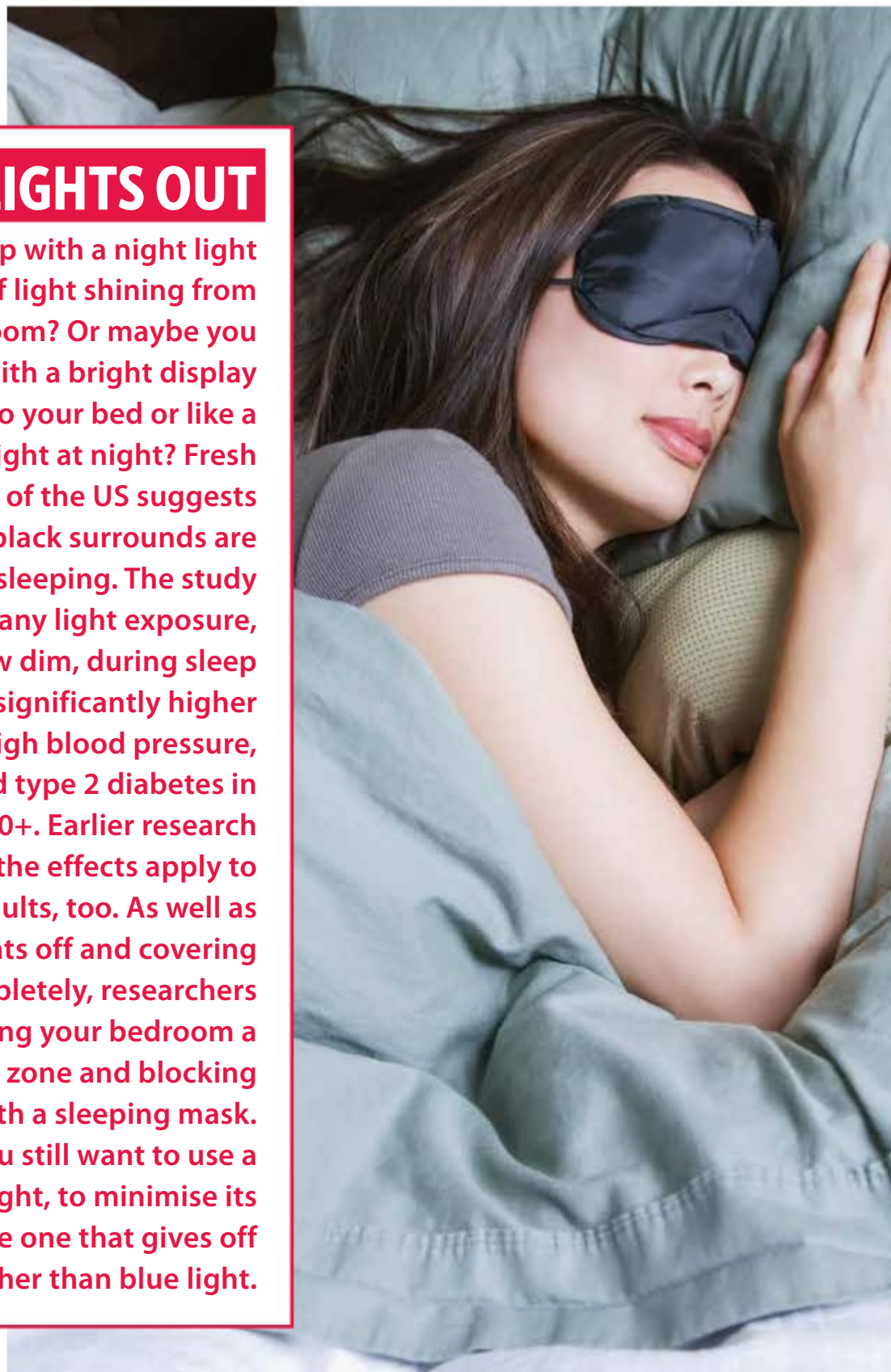
# 64%

THAT'S THE AMOUNT OF AUSTRALIANS AGED BETWEEN 45 AND 74 WHO HAVEN'T HAD A HEART HEALTH CHECK IN THE LAST TWO YEARS, ACCORDING TO THE HEART FOUNDATION. IT'S PARTICULARLY WORRYING CONSIDERING ONE IN TWO PEOPLE IN THAT AGE GROUP HAS AT LEAST ONE HEART DISEASE RISK FACTOR, FOR EXAMPLE HIGH CHOLESTEROL, HIGH BLOOD PRESSURE OR DIABETES. A HEART HEALTH CHECK IS A 20-MINUTE APPOINTMENT WITH YOUR GP. VISIT [HEARTFOUNDATION.ORG.AU](https://heartfoundation.org.au) TO FIND OUT MORE OR CONTACT YOUR GP TO BOOK YOUR CHECK UP.

---

## LIGHTS OUT

Prefer to sleep with a night light or a patch of light shining from another room? Or maybe you have a clock with a bright display right next to your bed or like a bit of moonlight at night? Fresh research out of the US suggests that pitch-black surrounds are best for sleeping. The study showed that any light exposure, no matter how dim, during sleep is linked to a significantly higher risk of high blood pressure, obesity and type 2 diabetes in adults aged 60+. Earlier research suggests the effects apply to younger adults, too. As well as switching lights off and covering windows completely, researchers suggest making your bedroom a device-free zone and blocking out light with a sleeping mask. And if you still want to use a night light, to minimise its impact, choose one that gives off reddish rather than blue light.



## If you had a flu vaccine this year...

**Good news:** you might have provided your brain with some protection against Alzheimer's disease. That's according to a new study which linked getting vaccinated against the flu with a 40 per cent reduced risk of developing Alzheimer's, the most common cause of dementia, over the next four years. Researchers say it's not yet clear whether the protective effect is delivered by the flu vaccine itself, or if it's a result of how vaccination protects against becoming infected with a flu virus. Other things that can help to reduce your risk of dementia include looking after your heart health, staying physically active, eating a healthy diet, having your hearing checked in mid-life and seeking help if you experience depression.

Visit [dementia.org.au](https://dementia.org.au) for more information.







## Type 2 diabetes medications in short supply

In recent months, Australia has experienced a shortage of two common type 2 diabetes medications – semaglutide, sold as Ozempic, and dulaglutide, sold as Trulicity. The reason?

It's mainly due to the fact that there's been a surge in people using semaglutide for weight loss. While semaglutide only has approval by Australia's Therapeutic Goods Administration (TGA) for diabetes management, last year the US Food and Drug Administration ruled it could also be used for chronic weight management. Combined with semaglutide's popularity on social media as a weight-loss aid, it's seen off-label prescription of the medication here in Australia. That's not only caused an imbalance in supply and demand, it's increased demand for dulaglutide, too. According to a joint statement from Diabetes Australia, the TGA and seven other health organisations, to ensure you have access to supplies of these medications if you've been prescribed them for diabetes, leave your prescription with your regular pharmacy, to allow your pharmacist to order for you. At the very least, don't wait until you've nearly run out to have your prescription filled.



**I have type 2 diabetes and want to lose a significant amount of weight quickly to help manage the disease. Are VLCD shakes suitable for someone with diabetes?**

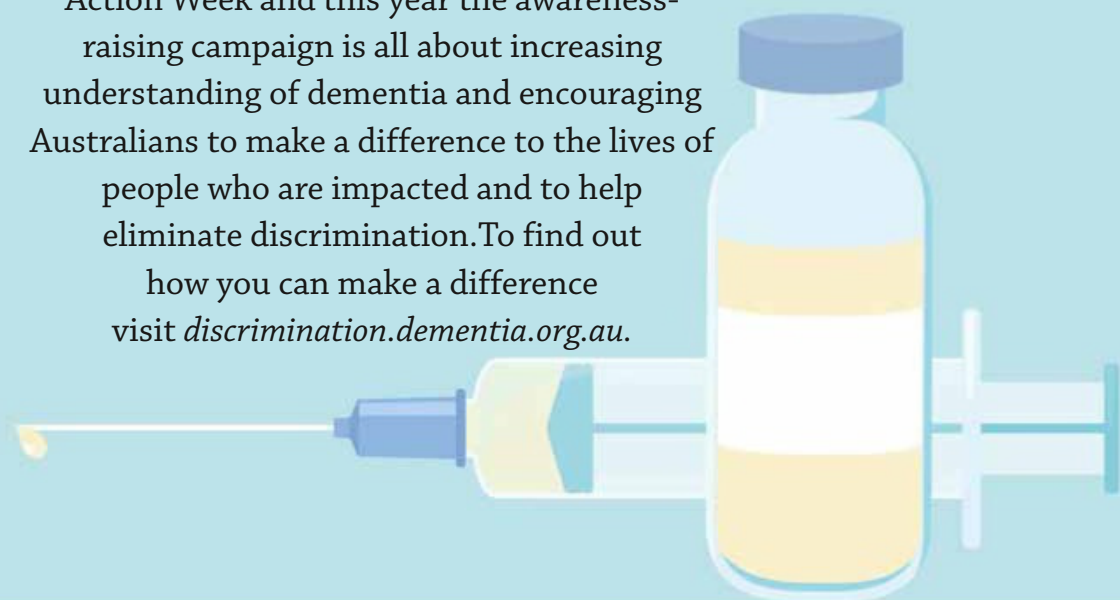
**Ramy says:** Meal replacement or very low calorie diet (VLCD) shakes are an increasingly popular way to lose weight. They are a medically endorsed way to lose weight safely and often used for people living with diabetes. A well-known UK trial showed that people who were obese and had diabetes lost a significant amount of weight (5-20 kg) on a VLCD and nearly 50 per cent put diabetes into remission.

Meal replacements are not protein shakes (protein only) nor are they supplements to a meal; as the name suggests, they replace a meal. Some dietitians advise between two to three meal replacements plus appropriate snacks per day. Medically endorsed meal replacements are Optifast®, OptiSlim®, Proslim® and Kicstart®. Other brands often don't contain the full amount of nutrients and vitamins. If unsure, ask a dietitian.

If you'd like to start a VLCD, let your doctor know as your blood sugars are likely to come down and your medications (especially insulin) will need to be reduced.

Dr Ramy Bishay, endocrinologist & bariatric physician

**Save the date:** 19-25 September is Dementia Action Week and this year the awareness-raising campaign is all about increasing understanding of dementia and encouraging Australians to make a difference to the lives of people who are impacted and to help eliminate discrimination. To find out how you can make a difference visit [discrimination.dementia.org.au](https://discrimination.dementia.org.au).





## BONE UP ON YOUR FRACTURE RISK

New research suggests that people who use either insulin or sulfonylureas, like Diamicon, on their own to manage their type 2 diabetes have nearly double the risk of experiencing an osteoporosis-related bone fracture, compared to people using metformin. And the risk could be higher again for people whose weight and HbA1c are well controlled. The scientists behind the finding say it highlights the need for routine fracture risk assessments in people living with diabetes. Talk to your doctor for more information.



## SHAKE IT UP

Glucerna's new formulation is designed to help you manage your blood glucose levels so you can stay satisfied throughout the day while minimising those blood glucose spikes. Available in chocolate, vanilla and RTD vanilla, Glucerna's new advanced slow-release, low GI carbohydrate blend helps keep blood glucose levels under control. Voted the world's #1 nutritional supplement for diabetics, you can now stay ahead of the curve by having this easy to prepare supplement on hand to consume or get creative in the kitchen and add to a variety of healthy snacks and recipes. Packed with vitamins and minerals, it's a healthy breakfast or snack option.

RRP \$38.99, visit [glucerna.com.au](http://glucerna.com.au)

## TAKING A BITE OUT OF DIABETES AND TOOTH DECAY

Gum disease might be the most common dental health-related complication associated with diabetes, but tooth decay is a close second, and fresh research sheds light on why. A lab-based study found that diabetes has the potential to reduce the strength and durability of both enamel and dentin, the hard substance under enamel that gives teeth their structure. As well as seeing a dentist regularly for a check-up, to look after your tooth enamel it's important to wait 30 minutes after a meal before brushing your teeth and avoid rinsing your teeth with water after you've brushed.

You can also try chewing sugar-free gum for 20 minutes after eating. This stimulates the production of saliva, which helps to replace the minerals that tooth enamel naturally loses, particularly after eating acidic foods.



TEXT KAREN FITTALL. PHOTOGRAPHY GETTY IMAGES



# Your guide to low waste, sustainable cooking



AVAILABLE TO PURCHASE AT THE MIX SHOP AT [THERMOMIX.COM.AU](https://thermomix.com.au)



scan



[thermomixaustralia](https://www.facebook.com/thermomixaustralia)



[thermomixaus](https://www.instagram.com/thermomixaus)



[thermomix.com.au](https://www.thermomix.com.au)

**thermomix**



Delicious dinners to make midweek easier

# 5 DAYS 5 DINNERS

Creamy greens  
pot pie  
*Recipe, page 20*







How our  
food works  
for you  
see page 90

**MONDAY**

**F**

## SMOKY CHICKPEA & PEARL BARLEY RISOTTO

**PREP** 10 MINS **COOK** 50 MINS

**SERVES** 2 (AS A MAIN)

1 Tbsp olive oil  
1 small brown onion, finely chopped  
2 cloves garlic, finely chopped  
1 tsp ground smoked paprika  
½ x 420g can no-added-salt chopped tomatoes  
400ml boiling water  
1 tsp salt-reduced vegetable stock powder  
½ x 420g can no-added-salt chickpeas, drained and rinsed  
150g pearl barley, rinsed until water runs clear  
1 Tbsp chipotle sauce  
1 Tbsp Philadelphia Light Cream For Cooking  
Freshly ground black pepper

**1** Heat the oil in a medium saucepan over medium heat. Add the onion and cook, stirring often, for 5 minutes. Add the garlic and paprika and cook, stirring, for 30 seconds. Add the tomatoes, boiling water, stock powder, chickpeas, pearl barley and chipotle sauce.

**2** Increase heat to high and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, stirring occasionally, for 30-35 minutes or until the barley is just tender. Serve with a swirl of cream and freshly ground black pepper.

### *Nutrition info*

**PER SERVE** 1980kJ (474Cal),  
**protein** 13g, **total fat** 14g (sat. fat 4g), **carbs** 65g, **fibre** 16g, **sodium** 443mg • **Carb exchanges** 4½ • **GI estimate** low





Lemony chicken soup  
Recipe, page 20



**TUESDAY**

LCO

GFO

## ONE-PAN SPAGHETTI & MEATBALLS

**PREP** 5 MINS **COOK** 30 MINS  
**SERVES** 2 (AS A MAIN)

2 tsp olive oil  
6 (120g) Woolworths &veg Beef Meatballs  
1 small brown onion, finely chopped  
1 large clove garlic, finely chopped  
1 Tbsp Fountain reduced-sugar tomato sauce  
1 x 400g can no-added-salt chopped tomatoes  
½ bunch basil, finely chopped, plus a few whole leaves, to serve  
200ml water  
110g dried spaghetti or gluten-free spaghetti  
Freshly ground black pepper

**1** Heat the oil in a medium non-stick saucepan over medium-high heat. Add the meatballs and cook, stirring often, for 5 minutes or until browned all over. Add the onion and garlic. Reduce heat to medium and cook, stirring often, for 7-8 minutes or until the onion softens.

**2** Add the tomato sauce, tomatoes, chopped basil and water to the pan. Cover and bring to the boil over high heat. Add the spaghetti and reduce heat to medium-high. Cook for 10-12 minutes, stirring occasionally, or until the pasta is cooked and the sauce has reduced.

**3** Season the spaghetti with pepper and sprinkle with whole basil leaves. Serve.

### *Nutrition info*

**PER SERVE** 1780kJ (425Cal), **protein** 20g, **total fat** 12g (sat. fat 4g), **carbs** 55g, **fibre** 7g, **sodium** 332mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

**LOWER-CARB OPTION:** Replace spaghetti with 110g Slendier Soy Bean Spaghetti. In step 2, simmer sauce for 5 minutes before adding the Slendier spaghetti, reduce heat to medium-high and cook a further 5 minutes or until spaghetti is cooked and sauce has reduced.

### *Nutrition info*

**PER SERVE** 1240kJ (296Cal), **protein** 21g, **total fat** 13g (sat. fat 4g), **carbs** 19g, **fibre** 10g, **sodium** 333mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**



## WEDNESDAY GFO

### LEMONY CHICKEN SOUP

**PREP** 10 MINS (+15 MINS STANDING)  
**COOK** 30 MINS **SERVES** 2 (AS A MAIN)

2 tsp olive oil  
1 leek, halved, washed and finely sliced  
1 stalk celery, finely chopped  
500ml (2 cups) salt-reduced chicken stock or gluten-free stock  
250ml (1 cup) water  
55g (¼ cup) arborio rice  
150g skinless barbecued chicken breast or leftover roast chicken, shredded  
1 x 60 egg, whisked  
Juice of 1 lemon  
2 Tbsp chopped dill, to serve  
Freshly ground black pepper

1 Heat the oil in a medium saucepan over medium heat. Add the leek and celery and cook, stirring occasionally, for 8-10 minutes or until the leek softens. Stir in the stock and water and bring to the boil over high heat.

2 Add the rice and chicken to the pan. Reduce heat to medium and simmer, stirring occasionally, for 15-20 minutes, stirring occasionally, or until the rice is cooked through.

3 Remove the pan from the heat and set aside for 10-15 minutes to cool slightly (so the egg doesn't scramble). Add the egg and lemon juice and whisk rapidly until the mixture looks creamy.

4 Divide the soup between serving bowls. Top with dill and season with pepper. Serve.

#### *Nutrition info*

**PER SERVE** 1510kJ (361Cal), **protein** 31g, **total fat** 12g (sat. fat 2g), **carbs** 27g, **fibre** 6g, **sodium** 769mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

## THURSDAY

### CREAMY GREENS POT PIE

**PREP** 15 MINS **COOK** 45 MINS  
**SERVES** 2 (AS A MAIN)

1 Tbsp olive oil  
1 leek, halved and finely chopped  
150g kale or cabbage, finely shredded  
½ x 420g can no-added-salt butter beans, drained and rinsed  
100g frozen peas  
¼ tsp salt-reduced vegetable stock powder  
100ml boiling water  
1½ Tbsp Philadelphia Light Cream For Cooking  
1½ Tbsp pesto  
Zest and juice half a lemon  
Freshly ground black pepper  
9 sheets filo pastry  
½ tsp black sesame seeds or sesame seeds

1 Heat 2 tsp of the oil in a round, shallow flameproof and ovenproof casserole dish over medium heat. Add the leek and cook, stirring often, for 5 minutes or until starts to soften. Add the kale and cook, stirring often, for 5 minutes or until the kale wilts.

2 Preheat oven to 180°C (fan-forced). Add the butter beans, peas, stock powder, boiling water, cooking cream, pesto and lemon juice and zest to the dish. Stir to combine. Simmer over medium heat for 3 minutes. Season with pepper.

3 Scrunch up the filo sheets and put them on top of the pie filling, brush over the remaining oil and sprinkle with sesame seeds. Bake for 25-30 minutes or until golden brown. Serve.

#### *Nutrition info*

**PER SERVE** 2160kJ (517Cal), **protein** 19g, **total fat** 21g (sat. fat 4g), **carbs** 55g, **fibre** 14g, **sodium** 821mg • **Carb exchanges** 3½ • **GI estimate** low

## FRIDAY GF LC

### SALMON & SWEET POTATO BAKE

**PREP** 5 MINS **COOK** 40 MINS  
**SERVES** 2 (AS A MAIN)

2 tsp olive oil  
250g orange sweet potato, unpeeled, cut into wedges  
Freshly ground black pepper  
250g cocktail truss tomatoes  
1 bunch broccolini, larger stems halved lengthways  
2 x 150g skinless salmon fillets  
1 Tbsp tahini  
2 tsp black sesame seeds or sesame seeds

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Put the oil and sweet potato on the lined tray. Season with pepper and toss to coat. Roast for 15 minutes. Add the tomatoes and broccolini to the sweet potato and toss to combine. Roast for 15 minutes or until the tomatoes are close to bursting.

2 Nestle the salmon in the tray and brush with 2 tsp of the tahini. Sprinkle with the sesame seeds. Bake for a further 8-10 minutes or until the salmon is cooked through.

3 Loosen the remaining tahini with a bit of water if needed, then drizzle over the cooked vegetables and salmon. Serve.

#### *Nutrition info*

**PER SERVE** 2320kJ (554Cal), **protein** 41g, **total fat** 31g (sat. fat 8g), **carbs** 24g, **fibre** 10g, **sodium** 118mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**



Salmon & sweet  
potato bake  
*Recipe, opposite*







Not sure what to do with the remaining food?  
Take inspiration from these tasty tips

# LOVE YOUR LEFTOVERS

## GROCERIES

**BUTTER BEANS** Toss the remaining beans into your favourite garden salad mix with a small handful of toasted walnuts. Drizzle with a little balsamic vinegar.

**STOCK** Use the remaining stock in soups, sauces or casseroles or freeze the remaining stock for another time.

**PESTO** Use a little pesto to spread over the base of your pizza or toss through freshly cooked pulse pasta with lightly steamed broccoli, zucchini and baby spinach leaves.

**SESAME SEEDS** Toast and sprinkle over chargrilled or poached chicken or fish or sprinkle over your salad.

**TAHINI** Great in dressings, mix with a little lemon juice and ground paprika and drizzle over poached chicken. Serve with steamed vegies.

**SPAGHETTI** Break into small pieces and add to soups for the last 12-15 minutes of cooking.

**CANNED TOMATOES** Blend the remaining canned tomatoes with a clove of garlic and a pinch of dried or finely chopped fresh oregano. Use as a sauce to spread over a pizza base. You can make and freeze to have it on hand next time you are making a pizza.

**CANNED CHICKPEAS** Blend the remaining chickpeas with a little lemon juice, olive oil, little tahini and freshly ground black pepper. Serve as a dip with vegie sticks.

**PEARL BARLEY** Use to make a winter vegie soup with the remaining stock and canned tomatoes as a base. Top with a small spoonful of pesto, to serve.

**CHIPOTLE SAUCE** Add a little to low-fat yoghurt for a dipping sauce or drizzle a little over your tacos.

## FRUIT AND VEGETABLES

**KALE** Shred finely and add to soups and casseroles towards the end of cooking.

**LEMON** Thinly slice and add to a mug with a drizzle of honey and a few mint leaves. Pour over boiling water and have before going to bed.

**BASIL** Throw on sandwiches in place of salad leaves and top with

poached chicken, grated carrot and cucumber. Spread the bread with a little beetroot hummus.

**DILL** Finely chop and mix with some grated lemon zest and juice, little olive oil, wholegrain mustard. Season with pepper and drizzle over steamed potatoes or vegetables.

**CELERY** Cut the remaining celery into sticks and keep in an airtight container in the fridge to snack on. Alternatively, use in casseroles, soups and stir-fries.

## CHILLED

**MEATBALLS** Oven-roast the remaining meatballs with vegies for a quick and easy dinner.

## LIGHT CREAM FOR COOKING

Use in pasta sauces as an alternative to cream.

**FILO PASTRY** Use to make cheese & spinach triangles.

**FROZEN PEAS** Add a handful of peas when cooking your potatoes for mash with a clove of garlic. Roughly mash and stir in some lemon zest and chopped parsley. Season with pepper.

**CHICKEN** Use any remaining chicken on sandwiches or wraps. ■



# SHOPPING LIST

## GROCERIES

- ☐ 420g no-added-salt butter beans
- ☐ 1L carton salt-reduced chicken stock
- ☐ 190g jar basil pesto
- ☐ 150 pkt black sesame seeds or sesame seeds
- ☐ 2 x 400g cans no-added-salt canned tomatoes
- ☐ 500g pkt dried spaghetti
- ☐ 385g jar tahini
- ☐ 420g can no-added-salt chickpeas
- ☐ 500g pkt pearl barley
- ☐ 220g jar chipotle sauce

## FRUIT & VEGETABLES

- ☐ 2 leeks
- ☐ 1 bunch kale
- ☐ 2 lemons
- ☐ 250g orange sweet potato
- ☐ 250g pkt cocktail truss tomatoes
- ☐ 1 bunch broccolini
- ☐ 2 small brown onions
- ☐ 1 bunch basil
- ☐ 1 bunch dill
- ☐ ½ bunch celery

## MEAT & POULTRY

- ☐ 400g pkt Woolworths & veg Beef Meatballs
- ☐ ½ barbecue chicken

## SEAFOOD

- ☐ 2 x 150g pieces skinless & boneless salmon fillets

## FREEZER

- ☐ 500g bag frozen peas

## CHILLED

- ☐ 250ml tub Philadelphia Light Cream For Cooking
- ☐ 375g pkt filo pastry

## PANTRY

- ☐ Olive oil
- ☐ Black pepper
- ☐ 3 cloves garlic
- ☐ Fountain reduced-sugar tomato sauce
- ☐ Salt-reduced vegetable stock powder
- ☐ Arborio rice
- ☐ 60g egg
- ☐ Smoked paprika



# Satay Tofu

RECIPE

## STIR-FRY



Serves 4

### Ingredients:

4 scoops Glucerna Powder  
2/3 cup smooth peanut butter  
1 garlic clove, crushed  
1 long red chilli, deseeded, chopped (optional)  
1/4 tsp cumin, ground  
1/2 cup coconut milk  
1/3 cup water  
1/2 tbsp soy sauce  
1 tbsp kecap manis  
1 tbsp peanut oil  
1 tbsp ginger, finely chopped  
1 garlic clove, finely chopped  
1 medium carrot, peeled and diced  
1 capsicum, diced  
1 bunch broccolini, cut into thirds  
1 zucchini, halved and sliced  
500 g firm tofu, cut into 1 cm cubes  
Rice to serve

### Method:

- In a mixing bowl add coconut milk, peanut butter, garlic, chilli, cumin, water, soy sauce, kecap manis and Glucerna Powder. Combine the ingredients well. Set aside.
- Heat oil in a wok over a medium-high heat. Add ginger and garlic and toss well for 1 minute. Add vegetables and satay sauce and cook for 5 minutes.
- Add tofu and coat well with sauce. Turn the heat down to a gentle simmer and cook for a further 2-3 minutes.
- Serve on top of rice and garnish with crushed peanuts and chopped spring onions.



# Glucerna can be added to your favourite meals to help manage your glucose levels\*<sup>1</sup>

Continue enjoying delicious meals with Glucerna!



Glucerna's new advanced slow-release, low-GI carbohydrate blend helps manage blood glucose levels\*<sup>1-3</sup>



Key nutrients to help support immunity<sup>1,4</sup>



Prebiotic fibre to support gut health<sup>1,5,6</sup>

\*Formulated to support people living with diabetes or impaired glucose tolerance, as part of a diabetes management plan including diet and exercise.<sup>1</sup>



Scan the QR code to download more Glucerna recipes



**References:** 1. Glucerna® Product Label. 2. Glucerna Y495 GI test result. 3. Glucerna Y523 GI test result. 4. Eat Right. Support Your Health With Nutrition. 2019; Available at: <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>. Accessed: 4 May 2021. 5. Sabater-Molina M, et al. *J Physiol Biochem*. 2009;65(3):315-28. 6. Fastinger N, et al. *J Am Coll Nutr*. 2008;27(2):356-66.

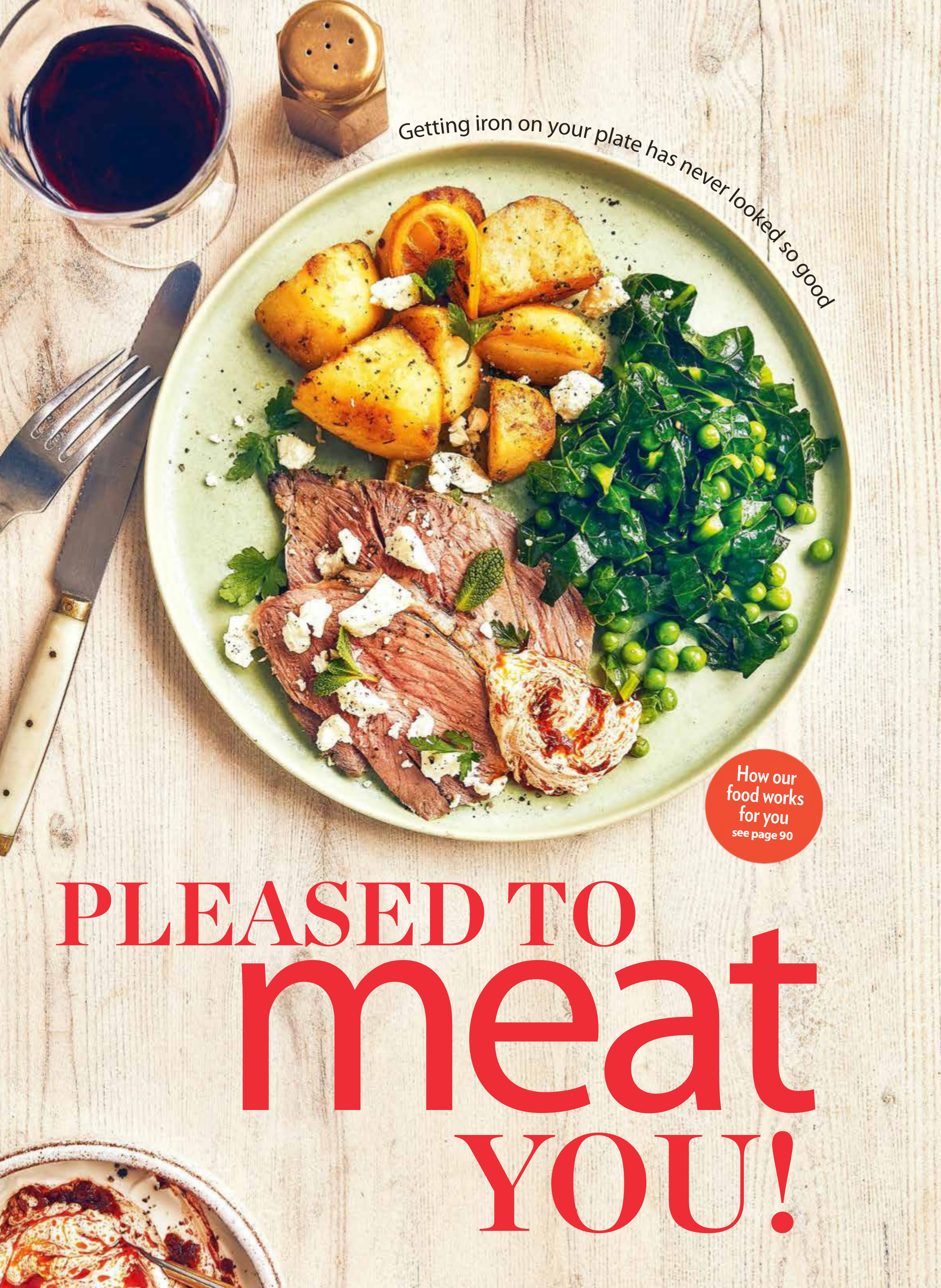
**Food for Special Medical Purposes. Use under medical supervision.**

Please note that when cooking with Glucerna Powder, there maybe minor loss of some nutrients.

®Registered trademark of the Abbott Group of Companies, Abbott Australasia Pty Ltd, 299 Lane Cove Road, Macquarie Park NSW 2113. ABN 95 000 180 389. Customer Service 1800 225 311. ANZ.2022.23258.ENS -GLU.1 (v1.0). ABAU6475. July 2022.







Getting iron on your plate has never looked so good

How our  
food works  
for you  
see page 90

# PLEASED TO meat YOU!



Herby roast lamb with  
lemon, potatoes & feta  
*Recipe, page 32*







GFO

## BEEF CHOW MEIN

**PREP** 10 MINS **COOK** 10 MINS

**SERVES** 2 (AS A MAIN)

85g San Remo Vermicelli Egg Noodle Pasta or gluten-free egg noodle pasta  
2 tsp sesame oil  
200g beef fillet steak, trimmed of fat, cut across the grain into strips  
1 small red onion, thinly sliced  
4cm piece ginger, peeled and finely chopped  
160g Swiss brown or button mushrooms, thickly sliced  
2 cloves garlic, finely chopped  
160g beansprouts  
1½ tsp salt-reduced soy sauce or gluten-free soy sauce  
1 Tbsp brown rice vinegar  
2 Tbsp water  
4 green shallots, cut into diagonal lengths  
Freshly ground black pepper

1 Cook the noodles in a medium saucepan of boiling water,

following packet instructions, until tender. Drain and set aside.

2 Meanwhile, heat half the oil in a wok over high heat. Add the beef and stir-fry for 30-60 seconds or until browned. Transfer the steak to a plate. Set aside.

3 Heat the remaining oil in the wok over medium-high heat. Add the onion and ginger and stir-fry for 2-3 minutes or until the onion softens, adding a little water to prevent burning, if needed. Cook, covered, for 2-3 minutes.

4 Add the mushrooms and garlic to the wok and stir-fry for 2-3 minutes or until the mushrooms soften. Add the beansprouts and toss to combine and heat through.

5 Combine the soy sauce, vinegar and water in a small bowl. Add the drained noodles to the wok and

toss well to combine. Add the soy mixture, green shallots and beef to the wok. Stir-fry for 1-2 minutes until heated through. Season with plenty of black pepper and serve.

### ***Nutritional info***

**PER SERVE** 1640kJ (392Cal),  
**protein** 34g, **total fat** 11g (sat. fat 3g), **carbs** 35g, **fibre** 5g, **sodium** 236mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**



GFO

**CHILLI CON CARNE****PREP** 25 MINS **COOK** 7 HOURS**SERVES** 6 (AS A MAIN)

3 Tbsp olive oil  
 500g extra-lean beef mince  
 1 brown onion, finely chopped  
 1 stalk celery, finely chopped  
 1 large red capsicum, thickly sliced  
 2 cloves garlic, finely grated  
 2 tsp ground cumin  
 1 tsp smoked paprika  
 2 tsp dried oregano  
 2-3 Tbsp chipotle sauce  
 3 Tbsp tomato purée or passata  
 400g can no-added-salt chopped tomatoes  
 400ml salt-reduced beef stock or gluten-free stock  
 Freshly ground black pepper  
 2 x 420g cans no-added-salt black beans, drained and rinsed

20g dark chocolate  
 160g (¾ cup) Doongara Low GI White Rice, cooked following pkt directions, to serve  
 50g Tostitos Lightly Salted Tortilla Chips, to serve

**1** Set the slow cooker to low. Heat 1½ Tbsp of the oil in a large non-stick frying pan over high heat. Add the mince and cook, stirring often, for 8-10 minutes or until evenly browned. Transfer the mince to the slow cooker.

**2** Heat the remaining oil in the frying pan over medium heat. Add the onion, celery and capsicum. Cook, stirring occasionally, for 10 minutes or until the vegetables soften. Add the garlic, cumin and

paprika and cook, stirring, for 1 minute. Transfer to the slow cooker.

**3** Stir the oregano, chipotle sauce, tomato purée, tomatoes and stock into the slow cooker. Season with pepper. Cover and cook for 6 hours. Stir in the beans and chocolate. Cover and cook for a further 30 minutes.

**4** Divide the chilli between serving bowls and serve with the rice and tortilla chips. Suitable to freeze

***Nutritional info***

**PER SERVE** 2040kJ (488Cal),  
**protein** 31g, **total fat** 17g (sat. fat 4g), **carbs** 48g, **fibre** 8g, **sodium** 405mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**





LCO GFO

## EASY LAMB STEW

**PREP** 15 MINS **COOK** 3 HOURS

**SERVES** 4 (AS A MAIN)

1 Tbsp olive oil  
700g diced trimmed lamb shoulder  
1 large brown onion, roughly chopped  
4 large carrots, cut into large chunks  
1 Tbsp plain flour or gluten-free plain flour  
1 Tbsp tomato purée or passata  
750ml (3 cups) salt-reduced beef stock or gluten-free stock  
2 bay leaves  
Rosemary sprig or a pinch of dried rosemary  
Freshly ground black pepper  
Mashed potato, to serve (see Cook's Tip)  
100g silverbeet, steamed, to serve

**1** Preheat oven to 140°C (fan-forced). Heat oil in a large flameproof and ovenproof casserole dish over high heat. Add lamb in batches, cooking for 4-5 minutes turning often, until browned. Transfer to a plate.

**2** Add the onion and carrots to the dish and cook, stirring often, over medium heat for 8-10 minutes or until tender and starting to colour. Sprinkle over the flour and cook, stirring, for 2 minutes. Stir in the tomato purée and cook, stirring, for 2 minutes.

**3** Return the meat and any resting juices back into the dish and stir well. Pour over the stock. Add the herbs and season well. Bring to a simmer, then remove the dish from the heat. Cover with a lid and cook in oven for 2 hours 30 minutes or until the meat is very tender. Serve with mash and greens. Suitable to freeze.

## Nutritional info

**PER SERVE** 2070kJ (495Cal), **protein** 42g, **total fat** 21g (sat. fat 7g), **carbs** 30g, **fibre** 9g, **sodium** 769mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

## LOWER-CARB OPTION

**PER SERVE** 1800kJ (430Cal), **protein** 39g, **total fat** 20g (sat. fat 7g), **carbs** 19g, **fibre** 8g, **sodium** 763mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

## Cook's Tip

To make mash, steam, microwave or boil 3 peeled potatoes. Mash with 3 Tbsp warmed skim milk and 2 tsp light margarine. Season with pepper.

Once cooled, the stew can be put into an airtight container. Label, date and freeze for up to 3 months. Defrost completely before reheating on the stove or in the microwave.







**LOWER-CARB  
OPTION**

Omit the mash potato and serve with 2 cups of cauliflower florets, steamed (½ cup per serving).









GFO LC

## STEAK WITH PESTO BEANS & GREENS

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A MAIN)

1 Tbsp olive oil  
Freshly ground black pepper  
2 x 150g pieces beef sirloin steak,  
trimmed of fat  
2 sprigs rosemary  
2 cloves garlic, sliced  
420g can no-added-salt cannellini  
beans, drained and rinsed  
125g cavolo nero or kale, tough  
stalks removed, shredded  
300ml salt-reduced chicken  
stock or gluten-free stock  
½ tsp red wine vinegar  
2 Tbsp Leggo's basil pesto  
15g parmesan shavings

**1** Drizzle half the oil over a shallow dish. Season well with pepper. Put the steak in the dish and massage in the seasoned oil to coat.

**2** Heat a medium heavy-based frying pan over high heat until hot. Add the steak and the rosemary. Cook 2-4 minutes on each side, depending on how you like it cooked (2 minutes for medium and 3-4 for well-done). Transfer to a plate and cover loosely with foil. Set aside to rest for 10 minutes.

**3** Add the remaining oil and garlic to the pan and reduce heat to medium. Cook for 2 minutes or until the garlic is golden. Add the beans, cavolo nero, stock and

vinegar. Bring to a simmer and cook for 4-5 minutes or until the greens are tender. Add half the pesto and any resting juices from the steak to the pan. Stir well.

**4** Slice the steak across the grain into strips. Divide the bean mixture between serving plates. Top the beans with the steak, remaining pesto and parmesan.

### Nutritional info

**PER SERVE** 2110kJ (504Cal),  
**protein** 51g, **total fat** 22g (sat. fat 6g), **carbs** 20g, **fibre** 10g, **sodium** 789mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



**GFO** **LC**

## HERBY ROAST LAMB WITH LEMON, POTATOES & FETA

**PREP** 20 MINS (+ 30 MINS OR OVERNIGHT MARINATING)

**COOK** 1 HOUR 50 MINS **SERVES** 6 (AS A MAIN)

2kg leg of lamb, trimmed of fat, at room temperature  
1 bulb garlic (about 10 cloves)  
1 small bunch mint  
1 small bunch flat-leaf parsley  
2 large sprigs rosemary, leaves picked  
1 lemon, zested and thinly sliced  
1 preserved lemon, peel cut into quarters, flesh and pips discarded (or use 1 heaped tsp preserved lemon paste)  
60ml (¼ cup) olive oil  
1kg Zerella Spud Lite Baby Potatoes, halved or quartered, if large  
Freshly ground black pepper  
1 tsp harissa paste or gluten-free harissa paste  
200g reduced-fat Greek natural yoghurt  
200g reduced-fat feta, crumbled  
300g (2 cups) fresh or frozen peas, steamed, to serve  
150g silverbeet, steamed, to serve

1 Use a sharp knife to score the lamb skin into 3cm diamonds, not cutting too deep. Cut the garlic bulb in half to expose the flesh of each clove. Set one half aside, then pop the cloves from the remaining half out of their skins.

2 Put the peeled garlic cloves in a small food processor with most of the mint and parsley, the rosemary, lemon zest and preserved lemon. Process the mixture together, or pound using a pestle and mortar, adding half the olive oil once the herbs have started to break down. Pour the marinade over the lamb, massaging it into the cuts. Set aside to marinate at room temperature for at least 30 minutes, or overnight in the fridge.

3 Preheat oven to 180°C (fan-forced). Put the lamb in a medium roasting tin. Wrap the tin well with foil and bake for 45 minutes.

4 Meanwhile, put the potatoes in a large pan of cold water. Cook over medium heat until the water comes to the boil. Simmer for 5 minutes. Drain the potatoes and leave to steam-dry for 10 minutes.

5 Remove the lamb from the oven. Drizzle the remaining oil into a separate medium roasting tin, then tip in the potatoes, fresh lemon slices and the remaining garlic bulb half, rubbing the cut side in the oil. Season with pepper and toss to coat the potatoes and lemon slices in the oil. Return the lamb to the oven with the potatoes and cook for 35 minutes more for medium (a thermometer should read 55°C), or 50 minutes for well done. Transfer the lamb to a warm platter, cover loosely with foil and leave to rest.

6 Meanwhile, shake the potatoes around in the tin and return to the oven for a further 20-25 minutes, or until golden and crisp. Swirl the harissa paste through the yoghurt.

7 Roughly chop the remaining mint and parsley. Scatter the chopped herbs and feta over the potatoes. Carve the lamb and pour any resting juices from the lamb into the spiced yoghurt, and mix through. Serve the lamb and potatoes with peas and silverbeet, and the spiced yoghurt sauce on the side for drizzling over.

### Nutritional info

**PER SERVE** 2540kJ (608Cal), **protein** 58g, **total fat** 28g (sat. fat 10g), **carbs** 23g, **fibre** 8g, **sodium** 620mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

**GFO**

## LAMB DOPIAZA WITH BROCCOLI RICE

**PREP** 20 MINS **COOK** 1 HOUR 30 MINS **SERVES** 2 (AS A MAIN)

225g lamb leg steaks, trimmed of fat, cut into 2.5cm chunks  
Freshly ground black pepper  
50g low-fat natural yoghurt, plus 4 Tbsp, to serve  
2 tsp mild curry powder or gluten-free curry powder  
2 tsp olive oil  
2 brown onions, 1 thinly sliced, 1 cut into 5 wedges  
2 cloves garlic, finely sliced  
1 Tbsp finely chopped fresh ginger  
1 small red chilli, finely chopped (deseeded if you prefer)  
200g tomatoes, roughly chopped  
300ml water  
40g dried split red lentils, rinsed  
½ bunch coriander, roughly chopped, plus extra leaves, to serve  
100g baby spinach leaves

### BROCCOLI RICE

70g (⅓ cup) brown rice  
100g small broccoli florets

1 Put the lamb in a large bowl and season well with pepper. Add the yoghurt and 1 teaspoon of the curry powder. Stir well to combine.

2 Heat half the oil in a large non-stick saucepan over high heat. Add the onion wedges and cook, stirring often, for 4-5 minutes or until lightly browned and just tender. Transfer onions to a plate.

3 Add the remaining oil, sliced onions, garlic, ginger and chilli to the pan over medium-low heat. Cover and cook, stirring occasionally, for 10 minutes or until very soft. Remove the lid and increase the heat to high. Cook, stirring often, for 2-3 minutes or until the onions are tinged with brown – this will add lots of flavour, but make sure they don't get burnt.

4 Reduce the heat to medium and





RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

stir in the tomatoes and remaining curry powder. Cook, stirring, for 1 minute. Stir the lamb and yoghurt into the pan and cook, stirring often, over medium-high heat for 4-5 minutes.

**5** Pour the water into the pan. Stir in the lentils and coriander. Cover and cook over low heat, stirring occasionally, for 45 minutes or until the lamb is almost tender, adding a little extra water if needed.

**6** Meanwhile, cook the rice in a medium saucepan of boiling water for 25 minutes or until just tender. Add the broccoli and continue to cook for a further 2-3 minutes or until the broccoli is just cooked. Drain well.

**7** Remove the lid from the curry and add the reserved onion wedges and increase heat to high. Continue to cook, stirring often, for a further 15 minutes or until the

lamb is tender. Just before serving, stir in the spinach, a handful at a time, and let it wilt. Serve with the yoghurt, coriander and broccoli rice.

### ***Nutritional info***

**PER SERVE** 2230kJ (534Cal), **protein** 42g, **total fat** 14g (sat. fat 4g), **carbs** 51g, **fibre** 15g, **sodium** 211mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**





Here's how to have your comfort and keep it light with variations that tick all the boxes

# perfecto PASTA

F

## BAKED SPINACH & RICOTTA STUFFED SHELLS

**PREP** 10 MINS **COOK** 40 MINS

**SERVES** 3 (AS A MAIN)

175g giant pasta shells  
1 Tbsp olive oil  
2 cloves garlic, crushed  
Pinch dried chilli flakes (optional)  
200g baby spinach leaves, chopped  
125g ricotta  
Zest of ½ lemon  
Freshly ground black pepper  
400g jar arrabbiata pasta sauce  
2½ Tbsp finely grated parmesan

### SALAD

60g rocket leaves  
100g cherry tomatoes, halved  
Drizzle fresh lemon juice

**1** Preheat oven to 170°C (fan-forced). Cook the shells in a medium saucepan of boiling water, following packet instructions, but drain when they are still a little al dente, as they will continue to cook in the oven.

**2** Meanwhile, heat the oil in a medium non-stick frying pan over

low heat. Add the garlic and chilli, if using, and cook for 1-2 minutes or until the garlic softens. Stir in the spinach and increase heat to medium. Cook, tossing, until the spinach wilts. Stir in the ricotta and lemon zest. Season with pepper.

**3** Spoon the pasta sauce evenly across the bottom of an ovenproof baking dish. Use a teaspoon to pack each shell with the spinach and ricotta mixture, then put into the dish, making sure the shells are evenly spaced apart. Dot any leftover mixture over the top.

**4** Sprinkle the stuffed shells with parmesan and bake for 20-25 minutes or until bubbling and golden.

**5** Toss all the salad ingredients together. Serve the salad with the baked pasta.

### *Nutritional info*

**PER SERVE** 1950kJ (467Cal),  
**protein** 19g, **total fat** 19g (sat. fat 6g), **carbs** 51g, **fibre** 7g, **sodium** 762mg • **Carb exchanges** 3½  
• **GI estimate** low



Baked spinach & ricotta  
stuffed shells  
*Recipe, opposite*

How our  
food works  
for you  
see page 90



Antipasto pasta salad  
*Recipe, page 38*







**One-pot creamy lemon &  
spinach ravioli**  
*Recipe, page 38*



**GFO V**

### ANTIPASTO PASTA SALAD

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 3 (AS A LIGHT MEAL)

½ small red onion, finely sliced  
2 Tbsp red wine vinegar  
Pinch caster sugar  
100g orzo (or other small pasta shapes) or gluten-free pasta  
2 Tbsp olive oil  
Freshly ground black pepper  
2 drained roasted red peppers (in vinegar), chopped  
12 kalamata olives, halved and pitted  
60g drained artichoke hearts, cut into thin wedges  
6 light semi-dried tomatoes, chopped  
1 cup basil leaves, shredded

**1** Toss the onion, vinegar and sugar in a small bowl. Set aside while you cook the pasta.

**2** Cook the pasta in a medium saucepan of boiling water, following packet instructions. Drain well.

**3** Add the olive oil to the onion mixture and season with pepper. Add the orzo, peppers, olives, artichoke hearts, tomato and basil. Toss to combine. Serve.

#### *Nutritional info*

**PER SERVE** 1310kJ (313Cal), **protein** 7g, **total fat** 16g (sat. fat 3g), **carbs** 32g, **fibre** 5g, **sodium** 304mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

**GFO**

### ONE-POT CREAMY LEMON & SPINACH RAVIOLI

**PREP** 5 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A MAIN)

250g meat-based ravioli or gluten-free ravioli  
110g (⅔ cup) frozen peas  
100g baby spinach leaves, chopped  
125ml (½ cup) hot salt-reduced vegetable stock or gluten-free stock  
80ml (⅓ cup) boiling water  
4 Tbsp reduced-fat ricotta  
Zest and juice of 1 lemon  
40g (½ cup) finely grated parmesan  
Freshly ground black pepper

**1** Preheat oven to 180°C (fan-forced). Put the ravioli in an ovenproof dish. Sprinkle over the peas and spinach.

**2** Whisk the stock, water, ricotta, lemon zest and juice and half the parmesan in a bowl. Season with pepper. Pour the mixture over the ravioli. Cover with foil and bake for 10 minutes.

**3** Remove the foil and sprinkle with the remaining parmesan. Bake for 5 minutes. Serve.

#### *Nutritional info*

**PER SERVE** 1590kJ (380Cal), **protein** 23g, **total fat** 13g (sat. fat 7g), **carbs** 36g, **fibre** 9g, **sodium** 997mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

**GFO**

### PEA, BROCCOLI AND PESTO RAVIOLI

**PREP** 5 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A MAIN)

1 bunch broccolini, cut into bite-sized pieces  
80g (½ cup) frozen peas  
250g pkt spinach & ricotta ravioli or gluten-free ravioli  
Zest and juice 1 lemon  
4 Tbsp Leggo's Basil Pesto  
2 Tbsp finely grated parmesan

**1** Cook the broccolini in a large saucepan of boiling water for 2-3 minutes, adding the peas after 2 minutes. Use a slotted spoon to transfer the vegetables to a bowl.

**2** Add the ravioli to the boiling water and cook, following packet instructions. Drain well and return the pasta to the pan.

**3** Add the lemon zest and juice, pesto and vegetables to the pan. Toss gently to coat. Divide between warm serving bowls. Sprinkle with the parmesan and serve.

#### *Nutritional info*

**PER SERVE** 2140kJ (511Cal), **protein** 23g, **total fat** 18g (sat. fat 6g), **carbs** 57g, **fibre** 10g, **sodium** 793mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**



Pea, broccoli and  
pesto ravioli  
*Recipe, opposite*







**GFO LCO**

## LEMON TUNA, TOMATO & CAPER ONE-POT PASTA

**PREP** 10 MINS **COOK** 30 MINS  
**SERVES** 4 (AS A MAIN)

1 Tbsp olive oil  
1 red onion, finely chopped  
500g cherry tomatoes, halved  
300g dried pasta or gluten-free pasta  
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock  
500ml (2 cups) water  
185g can tuna in oil, drained  
3 Tbsp Philadelphia Cream For Cooking, Light  
3 Tbsp grated parmesan  
2 Tbsp drained capers in vinegar  
Zest of ½ lemon  
Small bunch flat-leaf parsley, finely chopped  
Freshly ground black pepper

**1** Heat the oil in a large saucepan over medium-low heat. Add the onion and cook, stirring occasionally, for 7 minutes or until the onion softens and is turning translucent. Add 350g of the tomatoes, the pasta, vegetable stock and water to the pan. Cover

and bring to the boil over high heat. Reduce heat to medium and cook, stirring occasionally, for 15 minutes. The tomatoes should have broken down and the pasta will be just cooked.

**2** Add the remaining tomatoes to the pan and increase heat to medium-high. Simmer for 5 minutes or until the liquid has reduced. Gently fold through large flakes of tuna, the cream, parmesan, capers, lemon zest and parsley. Season with pepper. Place the lid on the pan and set aside for 5 minutes before serving.

### ***Nutritional info***

**PER SERVE** 2090kJ (501Cal),  
**protein** 26g, **total fat** 16g (sat. fat 5g), **carbs** 58g, **fibre** 6g, **sodium** 829mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

### **LOWER-CARB OPTION**

**PER SERVE** 2050kJ (490Cal),  
**protein** 54g, **total fat** 17g (sat. fat 6g), **carbs** 24g, **fibre** 13g, **sodium** 862mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

**LOWER-CARB OPTION**  
Replace the pasta with 300g Atkins Low Carb Penne.





**Creamy tomato & basil pasta bake**  
*Recipe, page 42*

**LOWER-CARB  
OPTION**  
Omit the green  
salad and  
replace pasta  
with 220g Atkins  
Low Carb Penne.





**GFO LCO F**

## CREAMY TOMATO & BASIL PASTA BAKE

**PREP** 10 MINS **COOK** 45 MINS  
**SERVES** 4 (AS A MAIN)

40g light margarine  
2 cloves garlic, crushed  
1 brown onion, grated  
2 x 400g cans no-added-salt chopped tomatoes  
1 tsp brown sugar  
Small bunch basil, chopped  
Freshly ground black pepper  
220g dried rigatoni or gluten-free pasta  
80ml (1/3 cup) light thickened cream  
40g (1/2 cup) finely grated parmesan  
200g bocconcini, drained and cut into 2cm dice

### SALAD

100g baby spinach leaves  
1 x 250g punnet cherry tomatoes  
1 Lebanese cucumber, sliced  
Drizzle balsamic vinegar

1 Melt the margarine in a large saucepan over low heat. Add the garlic and onion and cook, stirring occasionally, for 10 minutes or until really soft. Add the tomatoes and sugar. Cover and bring to the boil over high heat. Reduce heat to medium and cook, uncovered, stirring occasionally, for 20 minutes or until the sauce thickens and reduces by a third. Stir in the basil and season with pepper.

2 Meanwhile, cook the pasta in a medium saucepan of boiling water, following packet directions. Drain pasta really well.

3 Preheat oven to 180°C (fan-forced). Spray a 20 x 30cm ovenproof dish with cooking spray. Stir the cream into the tomato sauce. Add the parmesan, pasta and bocconcini. Stir to combine. Tip the mixture into the ovenproof dish and bake for 10 minutes or until bubbling.

4 To make the salad; toss all the salad ingredients in a bowl, apart from the vinegar. Drizzle with the vinegar to serve.

5 Serve the pasta bake with the salad.

### Nutritional info

**PER SERVE** 2230kJ (533Cal),  
**protein** 24g, **total fat** 22g (sat. fat 13g), **carbs** 54g, **fibre** 8g, **sodium** 406mg • **Carb exchanges** 3 1/2 • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

**PER SERVE** 2110kJ (504Cal),  
**protein** 44g, **total fat** 22g (sat. fat 14g), **carbs** 26g, **fibre** 11g, **sodium** 396mg • **Carb exchanges** 1 1/2 • **GI estimate** low • **Lower carb**

**GFO LCO**

## PRAWN, BASIL & HARISSA PASTA

**PREP** 5 MINS **COOK** 20 MINS  
**SERVES** 2 (AS A MAIN)

150g orecchiette or other pasta shape or gluten-free pasta  
2 tsp olive oil  
2 cloves garlic, sliced  
400g can no-added-salt chopped tomatoes  
1-2 tsp harissa paste or gluten-free harissa paste

360g large green prawns, peeled and deveined with tails left intact, butterflied  
1 tsp light margarine  
1 cup basil leaves, chopped  
Freshly ground black pepper  
1 Tbsp low-fat natural yoghurt, whisked until smooth, to serve

1 Cook the pasta in a medium saucepan of boiling water following packet directions, or until al dente. Drain.

2 Meanwhile, heat the oil in a medium non-stick frying pan over low heat. Add the garlic and cook, stirring often, for 2-3 minutes or until softens. Add the tomatoes and harissa. Cover and bring to the boil over high heat. Reduce heat to medium and cook, covered, for 15 minutes or until the mixture thickens and is saucy.

3 Add the prawns to the pan and cook for 2-3 minutes or until just cooked. Stir in the margarine, basil and pasta. Season with pepper. Toss to combine.

4 Divide the pasta between serving bowls. Top with yoghurt and serve.

### Nutritional info

**PER SERVE** 1970kJ (472Cal),  
**protein** 32g, **total fat** 8g (sat. fat 2g), **carbs** 64g, **fibre** 6g, **sodium** 446mg • **Carb exchanges** 4 1/2 • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

**PER SERVE** 1360kJ (325Cal),  
**protein** 37g, **total fat** 10g (sat. fat 3g), **carbs** 16g, **fibre** 11g, **sodium** 449mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**



Prawn, basil &  
harissa pasta  
*Recipe, opposite*

**LOWER-CARB  
OPTION**  
Replace orecchiette  
with 200g Slender  
Edamame Bean  
Fettucine, prepared  
according to packet  
instructions.





main

# lasagne LOVE

Enjoy this lighter version of the family favourite.

GFO F

## HEALTHY LASAGNE

**PREP** 20 MINS **COOK** 1 HOUR 15MINS  
**SERVES** 4 (AS A MAIN)

1 Tbsp olive oil  
1 large brown onion, finely chopped  
2 large carrots, finely chopped  
2 stalks celery, finely chopped  
2 dried bay leaves  
500g extra-lean beef mince  
3 cloves garlic, finely grated  
400g can no-added-salt chopped tomatoes  
2 Tbsp tomato purée or passata  
1½ tsp salt-reduced vegetable stock powder or gluten-free stock powder  
400ml skim milk  
2 Tbsp wholemeal flour or gluten-free flour  
Generous pinch of ground nutmeg  
6 (125g) dried lasagne sheets or gluten-free lasagne sheets  
2 Tbsp finely grated parmesan  
Salad, to serve (optional)

**1** Preheat oven to 160°C (fan-forced). Heat the oil in a large non-stick frying pan over medium heat. Add the onion, carrots, celery and one of the bay leaves to the pan. Cook, stirring occasionally, for 8-10 minutes or until the vegetables soften and are starting to turn golden. Add the mince and garlic and cook, stirring often, for 5 minutes or until the mince browns.

**2** Add the canned tomatoes and a canful of water, the tomato purée and stock powder to the pan. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 10 minutes. Remove the lid and continue to cook for 10 minutes to reduce the mixture slightly.

**3** Meanwhile, pour the milk into a medium saucepan with the flour and whisk over low heat until the mixture is lump-free. Add the second bay leaf and a good pinch of nutmeg. Continue to cook,

whisking, for 8-10 minutes or until the sauce thickens.

**4** Remove the bay leaves from the mince and the white sauce. Spoon a third of the mince into the base of a 19 x 24cm ovenproof baking dish and top with two lasagne sheets. Spoon over half of the remaining mince, then top with two more lasagne sheets, the rest of the mince and the remaining lasagne sheets. Spoon over the white sauce and sprinkle with the parmesan. Bake for 40 minutes or until bubbling and golden and the lasagne sheets are cooked when tested with a knife. Serve with salad, if you like. Suitable to freeze.

### Nutrition info

**PER SERVE** 1980kJ (472Cal),  
**protein** 41g, **total fat** 12g (sat. fat 4g), **carbs** 46g, **fibre** 7g, **sodium** 484mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



Start to say goodbye to the colder months  
and hello to a lighter style of eating!

# SPRING INTO Salads

How  
our food  
works  
for you  
see page 90



GF LC

## KALE, GRAPEFRUIT & POMEGRANATE SALAD

**PREP** 15 MINS **SERVES** 2 (AS A LIGHT MEAL)

1 red grapefruit or blood orange  
200g skinless chicken breast fillet,  
trimmed of fat, halved  
horizontally  
1 Tbsp olive oil  
2 tsp honey  
Freshly ground black pepper  
100g kale leaves, roughly  
chopped or torn

¼ cup pomegranate seeds (or  
Craisins)

½ red onion, very thinly sliced

**1** Use a zester to remove the zest from the grapefruit. Use a small sharp knife, to peel and segment the grapefruit over a bowl to catch any juices. Squeeze any remaining juice from the membranes.

**2** Place the chicken in a resealable plastic bag and sit in a shallow dish. Combine 2 teaspoons of the grapefruit zest, 2 teaspoons of the grapefruit juice, and 1 teaspoon of the oil in a small bowl. Pour the marinade over the chicken. Seal the bag and turn to coat the chicken. Place in the fridge to marinate until ready to cook.

**3** Whisk honey, pepper, and remaining grapefruit juice in a small bowl. Set aside.

**4** Combine the kale and remaining oil in a large bowl. Use your hands to massage the oil into the kale mixture for 1-2 minutes or until the kale begins to soften.

**5** Drain the chicken, discarding the marinade. Spray a large chargrill with cooking spray. Heat over medium-high heat. Add the chicken and cook for 4-5 minutes each side, or until cooked. Transfer to a plate and set aside for 5 minutes to rest. Thinly slice chicken.

**6** To serve, add the grapefruit segments, chicken, dressing, pomegranate seeds, and onion to kale. Toss gently to combine. Serve.

### *Nutritional info*

**PER SERVE** 1270kJ (305Cal),  
**protein** 27g, **total fat** 11g (sat. fat 2g), **carbs** 20g, **fibre** 7g, **sodium** 71mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**





Roasted chicken  
& pumpkin over  
mixed greens  
*Recipe, page 49*



### *Cook's Tip*

You can purchase roasted pumpkin seeds from wholefood stores or alternatively you can roast your own, simply place raw pumpkin seeds on a baking tray lined with baking paper and roast in an oven preheated to 160°C (fan-forced), stirring twice, for 25-30 minutes or until crisp and light golden.





Chicken & sprout salad with  
bacon vinaigrette  
*Recipe, opposite*

### ***Cook's Tip***

To shred the Brussels sprouts, first use a knife to cut off any woody stems. Then use the knife or the slicing attachment of a food processor to shred the sprouts.

- **To use a chef's knife:** Slice Brussels sprouts in half vertically. Place cut-side down on a cutting board and thinly slice. Separate slices into shreds.

- **To use a food processor:** Fit a food processor with a slicing blade and, with the motor running, drop the sprouts through the food chute. Separate slices into shreds, if needed.



GFO LC

**CHICKEN & SPROUT SALAD WITH BACON VINAIGRETTE****PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

30g lean eye bacon, trimmed of fat, chopped  
 2 Tbsp extra virgin olive oil  
 ½ red onion, finely chopped  
 2 Tbsp red wine vinegar  
 1 tsp honey  
 ½ tsp Dijon mustard or gluten-free mustard  
 Freshly ground black pepper  
 400g Brussels sprouts, trimmed and shredded  
 (see Cook's Tip)  
 2 medium Fuji apples, quartered, core removed, thinly sliced  
 375g (2 cups) shredded cooked skinless chicken breast

**1** Cook the bacon in a large non-stick frying pan over medium heat, stirring often, for 5-7 minutes or until crisp. Transfer to a plate lined with paper towel to drain. Set aside.

**2** Add the oil to the frying pan and heat over medium heat. Add the onion and cook, stirring, for 4-5 minutes or until tender and light golden brown. Remove the pan from the heat.

**3** Add the vinegar, honey, mustard and pepper to the pan. Whisk to combine. Add the Brussels sprouts and toss to coat. Cook, tossing occasionally, for 2-3 minutes or until they wilt slightly from the residual heat.

**4** Combine the apple slices and chicken in a large bowl. Add the Brussels sprouts and any remaining dressing from the pan and toss gently to combine. Divide between serving bowls and top with the bacon. Serve.

**Nutritional info**

**PER SERVE** 1340kJ (320Cal), **protein** 31g, **total fat** 13g (sat. fat 3g), **carbs** 14g, **fibre** 7g, **sodium** 192mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

**ROASTED CHICKEN & PUMPKIN OVER MIXED GREENS****PREP** 15 MINS **COOK** 25 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

1kg butternut pumpkin  
 1½ Tbsp extra virgin olive oil  
 2 Tbsp wholegrain mustard or gluten-free mustard  
 3 cloves garlic, crushed  
 1 Tbsp chopped rosemary or 1 tsp dried rosemary  
 1 tsp grated lemon zest  
 2 Tbsp fresh lemon juice  
 Freshly ground black pepper  
 350g skinless chicken breast fillet, trimmed of fat  
 1 Tbsp sugar-free maple syrup  
 1½ tsp thyme leaves  
 150g mixed salad leaves  
 4 tsp grated parmesan  
 4 tsp roasted pumpkin seeds  
 (see Cook's Tip p47)

**1** Preheat oven to 190°C (fan-forced). Line a large baking tray with baking paper.

**2** Cut pumpkin in half lengthways and remove the seeds. Cut crosswise into 2.5cm-thick slices.

**3** Combine 1 Tbsp oil, 1½ Tbsp mustard, garlic, rosemary, lemon zest and ½ Tbsp lemon juice in a large bowl. Season with plenty of pepper. Add the chicken and the pumpkin and stir to coat. Arrange in a single layer on the lined tray.

**4** Bake, without stirring or flipping, for 20-25 minutes or until the pumpkin starts to brown and the chicken is cooked through. Transfer the chicken to a clean cutting board. Set aside to rest for 2-3 minutes then slice.

**5** Meanwhile, put the remaining oil, mustard and lemon juice in a bowl. Add the maple syrup, thyme, and season with pepper. Whisk to combine. Add the salad leaves and toss to coat.

**6** Divide the salad leaves between serving plates. Top with the chicken and pumpkin, parmesan and pumpkin seeds.

**Nutritional info**

**PER SERVE** 1370kJ (328Cal), **protein** 29g, **total fat** 13g (sat. fat 3g), **carbs** 19g, **fibre** 7g, **sodium** 286mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**





Indian spiced  
cauliflower &  
chickpea salad  
*Recipe, page 55*

**LOWER-CARB  
OPTION**

Replace the carrot  
with a small green  
capsicum, cut into  
2cm dice.





**Rocket salad with  
roasted pork, pear  
& blue cheese**  
*Recipe, page 52*



GFO LC

## ROCKET SALAD WITH ROASTED PORK, PEAR & BLUE CHEESE

**PREP** 15 MINS **COOK** 25 MINS

**SERVES** 4 (AS A LIGHT MEAL)

2 Tbsp chopped walnuts  
3 Tbsp balsamic vinegar  
1 Tbsp extra-virgin olive oil  
2 tsp fresh lemon juice  
1 tsp honey  
1 tsp Dijon mustard or gluten-free mustard  
2 tsp finely chopped rosemary or  $\frac{3}{4}$  tsp dried rosemary  
1 clove garlic, crushed  
Freshly ground black pepper  
400g pork tenderloin, trimmed of fat  
150g rocket leaves  
4 small or 2 large red pears, quartered, core removed, sliced into wedges  
50g blue cheese, crumbled

**1** Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

**2** Put the walnuts in a medium non-stick frying pan. Cook, stirring often, over medium heat for 2-3 minutes or until golden and fragrant. Set aside.

**3** Whisk the vinegar, oil, lemon juice, honey, mustard, rosemary and garlic in a large bowl. Season with pepper. Place the pork on the baking tray and brush with 1 tablespoon of the dressing. Season with pepper.

**4** Roast the pork for 20 minutes or until just cooked. Transfer to a clean cutting board and set aside for 5 minutes to rest. Cut into 2cm-thick slices.

**5** Add the rocket and pears to the dressing and toss to coat. Divide the salad between 4 serving plates. Top with the pork, cheese, and the toasted walnuts.

### Nutritional info

**PER SERVE** 1400kJ (334Cal), **protein** 28g, **total fat** 14g (sat. fat 4g), **carbs** 18g, **fibre** 5g, **sodium** 230mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

LCO

## WARM FARRO SALAD WITH SALMON, MUSHROOM & SWEET POTATO

**PREP** 10 MINS **COOK** 30 MINS **SERVES** 4 (AS A LIGHT MEAL)

100g farro or pearl barley  
325ml (1 $\frac{1}{4}$  cups) water  
200g mixed mushrooms (such as shitake and oyster), thickly sliced  
200g orange sweet potato, unpeeled, cut into 1.25cm pieces  
1 Tbsp extra virgin olive oil  
2 cloves garlic, crushed  
 $\frac{1}{2}$  tsp dried chilli flakes  
4 x 100g skinless and boneless salmon fillets  
2 Tbsp white balsamic vinegar or white wine vinegar  
2 tsp fresh lemon juice  
1 tsp honey  
1 tsp Dijon mustard  
 $\frac{1}{2}$  tsp freshly ground black pepper  
1 small red onion, halved, thinly sliced  
 $\frac{1}{3}$  cup chopped sage, plus extra whole sage leaves, to serve (optional)

**1** Preheat oven to 200°C (fan-forced). Line a large baking tray with baking paper.

**2** Put the farro and water in a medium saucepan. Cover and bring to the boil over high heat. Stir. Reduce heat to medium and cook, uncovered, for 15-20 minutes (20-25 minutes if using barley) or until the farro is tender.

**3** Meanwhile, combine the mushrooms, sweet potato, 2 tsp oil, half the garlic, and  $\frac{1}{4}$  tsp chilli flakes in a large bowl. Transfer to the lined tray. Roast, stirring once, for 15 minutes or until almost tender.

**4** Rub the salmon with the remaining garlic and chilli flakes. Nestle the salmon into the vegetables and continue roasting for 8-10 minutes or until the sweet potato is tender and the salmon is just cooked through.

**5** Whisk the remaining oil, vinegar, lemon juice, honey, mustard, and pepper in a large bowl. Add the farro, roasted vegetables, onion and sage. Toss to combine. Divide the salad between 4 serving plates. Top with the salmon. Top with extra sage leaves, if using.

### Nutritional info

**PER SERVE** 1650kJ (394Cal), **protein** 28g, **total fat** 18g (sat. fat 5g), **carbs** 29g, **fibre** 6g, **sodium** 114mg • **Carb exchanges** 2 • **GI estimate** medium

### LOWER-CARB OPTION

**PER SERVE** 1600kJ (382Cal), **protein** 28g, **total fat** 18g (sat. fat 5g), **carbs** 26g, **fibre** 6g, **sodium** 109mg • **Carb exchanges** 1 $\frac{1}{2}$  • **GI estimate** medium • **Lower carb**



**LOWER-CARB  
OPTION**

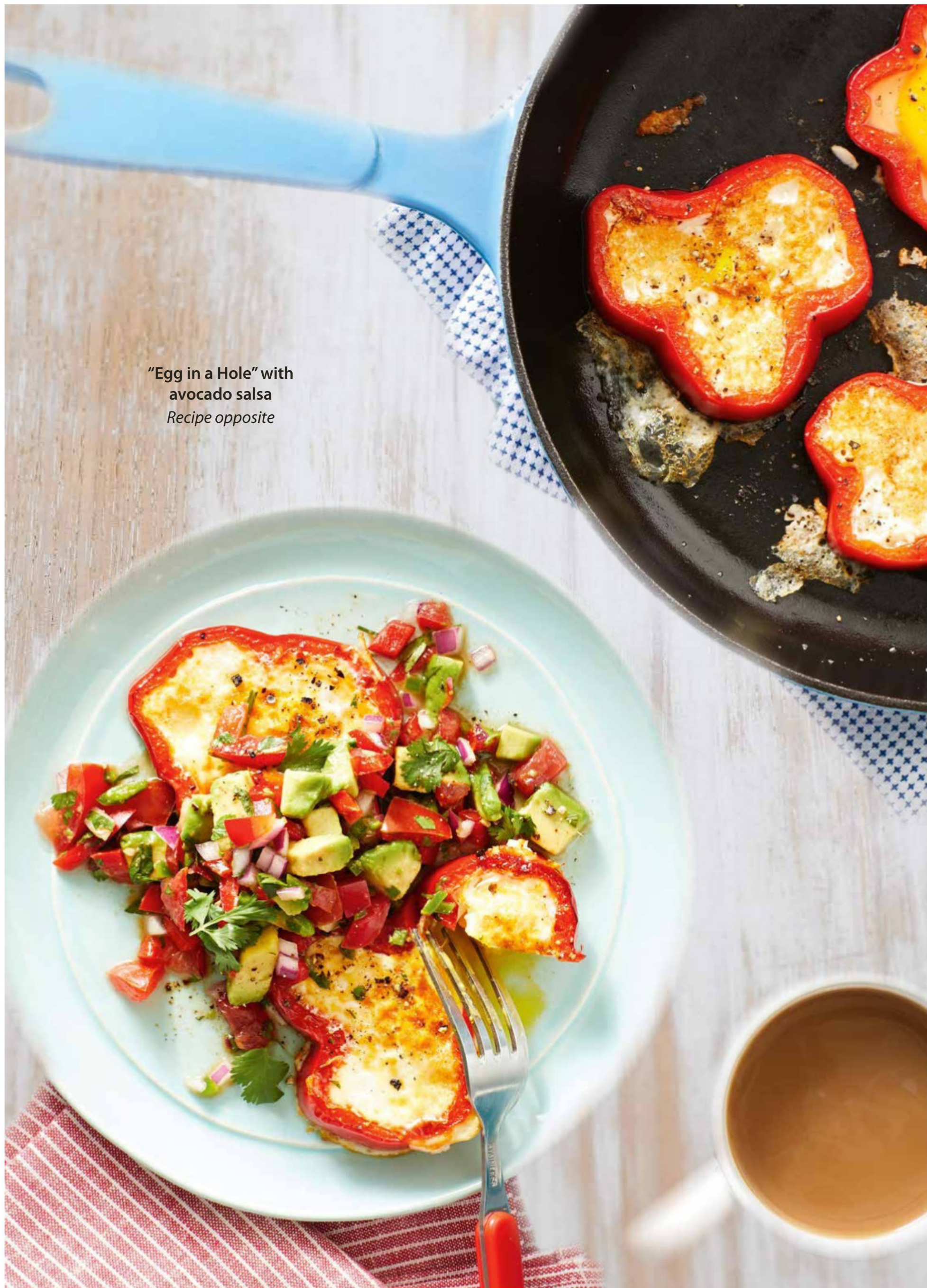
Replace sweet  
potato with 200g  
peeled pumpkin  
cut into 1.25cm  
pieces.



Warm farro salad with  
salmon, mushroom &  
sweet potato  
*Recipe, opposite*



**"Egg in a Hole" with  
avocado salsa**  
*Recipe opposite*





GF LC

## "EGG IN A HOLE" WITH AVOCADO SALSA

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

2 capsicums  
1 avocado, finely chopped  
1 small red onion, finely chopped  
1 jalapeño chilli or small red chilli, finely chopped (deseeded if you like)  
½ cup chopped coriander, plus extra leaves, to serve  
2 tomatoes, deseeded and finely chopped  
Juice of 1 lime  
2 tsp olive oil  
8 x 60g eggs  
Freshly ground black pepper

**1** Slice the tops and bottoms off the capsicums and finely dice. Remove and discard the seeds and membranes from the capsicum. Slice each capsicum into four x 1.25cm-thick rings.

**2** Combine the chopped capsicum, avocado, onion, chilli, coriander, tomatoes and lime juice in a medium bowl.

**3** Heat 1 teaspoon of the oil in a large non-stick frying pan over medium heat. Add 4 capsicum rings to the pan. Crack 1 egg into the middle of each ring. Season with pepper. Cook for 2-3 minutes or until the whites are mostly set but the yolks are still runny. Gently flip the capsicum rings over and cook for 1 minute more for runny yolks, 1½ to 2 minutes more for firmer yolks. Transfer to serving plates and repeat with the remaining capsicum rings and eggs.

**4** Serve the capsicum eggs with the avocado salsa. Top with extra coriander, if you like.

### Nutritional info

**PER SERVE** 1200kJ (286Cal), **protein** 19g, **total fat** 18g (sat. fat 4g), **carbs** 8g, **fibre** 8g, **sodium** 194mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO LCO

## INDIAN SPICED CAULIFLOWER & CHICKPEA SALAD

**PREP** 15 MINS **COOK** 20 MINS  
**SERVES** 2 (AS A LIGHT MEAL)

1 Tbsp curry powder or gluten-free curry powder  
1 Tbsp olive oil  
1½ cups cauliflower florets  
420g no-added-salt chickpeas, drained, rinsed  
1 large carrot, sliced  
70g (¼ cup) low-fat natural yoghurt  
1 Tbsp fresh lime juice  
Freshly ground black pepper  
½ tsp grated fresh ginger or ¼ tsp ground ginger  
½ tsp finely chopped chilli (optional)  
1-2 Tbsp skim milk (optional)  
60g mixed salad leaves  
1 cup packed flat-leaf parsley leaves  
½ small red onion, thinly sliced

**1** Preheat oven to 200°C (fan-forced). Line a medium baking dish with baking paper.

**2** Combine the curry powder, oil and cauliflower florets in a bowl. Add the chickpeas and carrot and toss to coat. Spread in a single layer in the lined dish. Roast, stirring once, for 20-25 minutes or until the vegetables are tender.

**3** Meanwhile, put the yoghurt, lime juice, pepper and ginger in a small bowl. Add the chilli, if using. Whisk to combine. If needed, thin with milk to desired consistency.

**4** Combine the roasted vegetables, salad leaves, parsley and onion in a large bowl. Add the dressing and toss to coat. Serve.

### Nutritional info

**PER SERVE** 1340kJ (322Cal), **protein** 15g, **total fat** 13g (sat. fat 3g), **carbs** 29g, **fibre** 14g, **sodium** 164mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

**PER SERVE** 1300kJ (312Cal), **protein** 16g, **total fat** 13g (sat. fat 3g), **carbs** 26g, **fibre** 13g, **sodium** 125mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



When it comes to flavour we don't mince  
our words, only our beef! Have a ball  
with these meaty bites

# Great *of* balls FLAVOUR



How our  
food works  
for you  
see page 90

Asian-style couscous &  
meatball salad  
*Recipe, opposite*



## ASIAN-STYLE COUSCOUS & MEATBALL SALAD

**PREP** 10 MINS **COOK** 15 MINS

**SERVES** 4 (AS A LIGHT MEAL)

**400g pkt Woolworths &veg Beef Meatballs**

**70g (1/3 cup) couscous**

**100ml boiling water**

**120g bag Asian mixed salad leaves**

**1/2 cup coriander leaves**

**2 Lebanese cucumbers, chopped**

**1 large red capsicum, cut into thin strips**

### CHILLI & LIME DRESSING

**1 Tbsp sweet chilli sauce**

**1 1/2 Tbsp fresh lime juice**

**1 tsp olive oil**

**1** Preheat a grill on medium-high. Line a grill tray with foil. Put the meatballs on a rack over the tray. Spray with cooking spray. Add to the grill and reduce heat to medium. Cook, turning occasionally, for 10-12 minutes.

**2** Meanwhile, put the couscous in a small bowl. Pour over the water, cover with a plate and set aside for 3 minutes or until the liquid is absorbed. Use a fork to separate the grains.

**3** To make the chilli & lime dressing, whisk the sweet chilli sauce, lime juice and oil in a small bowl.

**4** Put the couscous, salad leaves, coriander, cucumber and capsicum in a large bowl. Add the dressing. Tear the meatballs in half and add to the salad. Toss to combine. Divide between shallow serving bowls or plates. Serve.

### Nutritional info

**PER SERVE** 1340kJ (320Cal),  
**protein** 21g, **total fat** 13g (sat. fat 5g), **carbs** 27g, **fibre** 6g, **sodium** 542mg • **Carb exchanges** 2 • **GI estimate** medium

### HEALTH TIP

You can replace the Woolworths Meatballs with Cleavers Organic Beef Meatballs or Coles Graze Grass Fed Meatballs.







**LOWER-CARB  
OPTION**  
Replace the  
spiral pasta with  
170g Atkins Low  
Carb Penne

**GFO LCO**

## MEATBALL STROGANOFF

**PREP** 10 MINS **COOKING** 15 MINS  
**SERVES** 4 (AS A MAIN)

170g dried spiral pasta or gluten-free pasta  
½ tsp olive oil  
400g pkt Woolworths & veg Beef Meatballs  
1 brown onion, cut into thin wedges  
2 cloves garlic, finely chopped  
250g button mushrooms, thinly sliced  
1 bunch broccolini, cut into small pieces  
1 tsp cornflour or gluten-free cornflour  
185ml (¾ cup) Carnation Light & Creamy Evaporated Milk  
60ml (¼ cup) salt-reduced chicken stock or gluten-free stock  
2 Tbsp no-added-salt tomato paste  
¼ tsp sweet paprika  
Chopped flat-leaf parsley, to serve  
Freshly ground black pepper, to serve

2 cups baby spinach leaves or mixed salad leaves, to serve  
1 x 250g punnet cherry tomatoes, halved, to serve

**1** Cook the pasta in a large saucepan of boiling water, following pack instructions or until al dente. Drain well.

**2** Meanwhile, heat the oil in a large non-stick frying pan over medium-high heat. Add the meatballs and cook, turning occasionally, for 2-3 minutes or until browned. Remove from the pan and set aside. Add the onion, garlic and mushrooms to the pan. Cook, stirring occasionally, for 4 minutes or until the mushrooms begins to soften.

**3** Return the meatballs to the pan. Cover and reduce heat to medium-low. Cook for 7-8 minutes, stirring once, or until meatballs are tender. Add the broccolini for the last 2 minutes of cooking.

**4** Meanwhile, put the cornflour in a small bowl. Whisk in enough milk to

form a smooth paste. Whisk in the remaining milk, stock, tomato paste and paprika.

**5** Add the sauce mixture to the pan and cook, stirring, over medium heat, for 2-3 minutes or until the sauce thickens and just comes to a simmer. Add the pasta to the pan. Toss until well combined and heated through. Divide between serving bowls and sprinkle with a little parsley and pepper. Combine the spinach or salad leaves with the tomato in a large bowl and serve with meatballs.

### *Nutritional info*

**PER SERVE** 1810kJ (433Cal),  
**protein** 28g, **total fat** 14g (sat. fat 5g), **carbs** 45g, **fibre** 7g, **sodium** 550mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

### **LOWER-CARB OPTION**

**PER SERVE** 1790kJ (428Cal),  
**protein** 44g, **total fat** 14g (sat. fat 6g), **carbs** 25g, **fibre** 11g, **sodium** 569mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**





Mediterranean  
meatball soup  
*Recipe, page 60*





## MEDITERRANEAN MEATBALL SOUP

**PREP** 10 MINS **COOK** 25 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

2 tsp extra virgin olive oil  
400g pkt Woolworths & veg Beef Meatballs  
1 bulb fennel, trimmed, finely sliced  
2 cloves garlic, finely chopped  
1L (4 cups) water  
400g can no-added-salt chopped tomatoes  
100g dried risoni or gluten-free pasta  
1 bunch asparagus, woody ends trimmed, diagonally sliced into 2cm pieces  
60g baby spinach leaves  
Finely grated zest of ½ lemon  
Chopped flat-leaf parsley, to serve  
Freshly ground black pepper, to serve

**1** Heat 1 tsp of the oil in a large non-stick saucepan over medium-high heat. Add the meatballs and cook, turning occasionally, for 2-3 minutes or until browned. Transfer to a plate, cover with foil and set aside.

**2** Heat the remaining oil in the same pan over medium heat. Add the fennel and garlic. Cook, stirring, for 1 minute. Cover the pan and reduce heat to low. Cook, covered, for 8-10 minutes or until the fennel begins to soften.

**3** Add the water, tomato and risoni to the pan. Cover and bring to a simmer. Cook, covered, for 10 minutes or until the pasta is al dente. Remove the lid and add meatballs and asparagus. Cook for 2 minutes or until meatballs are cooked through.

**4** Add the spinach and lemon zest to the pan and stir until the spinach just wilts. Divide the soup between serving bowls, sprinkle with parsley and pepper, and serve.

### Nutritional info

**PER SERVE** 1440kJ (344Cal), **protein** 22g, **total fat** 14g (sat. fat 5g), **carbs** 29g, **fibre** 6g, **sodium** 479mg • **Carb exchanges** 2 • **GI estimate** low **Gluten-free option**



## BBQ MEATBALL & VEGIE SKEWERS

**PREP** 15 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A MAIN)

600g orange sweet potato, cut into 2cm pieces  
125ml (½ cup) water  
3 tsp extra virgin olive oil  
3 tsp fresh lemon juice  
2 tsp dried oregano  
1 large red capsicum, cut into chunks  
1 corncob, husk and silk removed, cut into small chunks  
1 large red onion, cut into wedges  
400g pkt Woolworths & veg Beef Meatballs  
100g salad leaves, to serve  
100g reduced-fat ricotta, to serve  
Balsamic glaze, to serve  
Lime wedges, to serve

**1** Put half the sweet potato in a shallow microwave dish. Add half the water, cover and cook on High/100% for 2-3 minutes or until almost tender. Drain and transfer to a plate. Repeat with the remaining sweet potato and water. Set aside.

**2** Preheat a barbecue plate on medium-high heat. Combine the oil, lemon juice and oregano in a small bowl.

**3** Divide the sweet potato, capsicum, corn, onion and meatballs and thread onto 12 x 26cm wooden skewers (see Cook's Tip, opposite).

**4** Brush the skewers with the oregano mixture. Add to the barbecue and reduce heat to medium. Cover with lid (see Cook's Tip, opposite) and cook for 5 minutes. Turn the skewers, cover and cook for a further 5 minutes or until meatballs are cooked through and the vegetables are tender.

**5** Divide the salad leaves between serving plates. Sprinkle over ricotta and drizzle with balsamic glaze. Put 3 skewers on each plate and serve with a lime wedge.

### Nutritional info

**PER SERVE** 1770kJ (423Cal), **protein** 24g, **total fat** 17g (sat. fat 6g), **carbs** 40g, **fibre** 11g, **sodium** 492mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**





### *Cook's Tip*

To prevent the wooden skewers from burning during barbecuing, soak them in a container of cold water for 30 minutes before using.

If your barbecue doesn't have a lid, reduce heat to medium-low and cook for an extra 3-4 minutes.

**BBQ meatball &  
vegie skewers**  
*Recipe, opposite*





Grilled asparagus and  
butter bean salad with  
capers, chilli and lemon  
*Recipe, page 65*

Chef Tom Walton shares his  
tasty and healthy take on  
seafood and plants. Dig in!

**MORE**  
**fish**  
**MORE**  
**veg**



Fish shawarma-style wraps  
Recipe, page 66

How our  
food works  
for you  
see page 75

*Cook's Tip*

Make the condiments  
and skewer the fish up  
to a day in advance.

*Note*

Ras el hanout, a North  
African spice mix, is  
available at well-stocked  
supermarkets and some  
grocers.

You could leave out the  
flatbread and serve this  
bowl-style, bulked up with  
some salad leaves or  
shredded lettuce.



Whole roast Lebanese fish  
*Recipe, opposite*





## WHOLE ROAST LEBANESE FISH

**SERVES** 4 (AS A MAIN MEAL)

**3 x 400–500g whole leatherjackets, cleaned, or 2 x 750g whole rainbow trout, barramundi, bream or snapper, cleaned (see Note)**

**Freshly ground black pepper**  
**1/3 cup (50g) pine nuts, toasted**  
**Handful flat-leaf parsley leaves**  
**1/2 small red onion, thinly sliced**  
**Flatbread or steamed rice, to serve**

### MARINADE

**1/4 cup (60ml) olive oil**  
**Juice of 1 lemon, plus 1/2 lemon extra, sliced**  
**2 tablespoons honey**  
**2 tablespoons za'atar, plus extra to serve**  
**1 teaspoon sweet smoked paprika, plus extra to serve**  
**2 teaspoons sumac**  
**1 teaspoon ground cinnamon**  
**1/2 teaspoon mixed spice**  
**4 cloves garlic, roughly chopped**

**1** Pat each fish inside and out with paper towel until dry, then make three shallow cuts down both sides of each fish. Place in a wide shallow bowl or a deep baking dish and season with pepper.

**2** In a small bowl, combine marinade ingredients, then pour over each fish and into cavities, making sure fish is very well coated. Allow to stand in fridge for at least 1 hour to marinate, then remove from fridge 30 minutes before cooking to let fish come to room temperature and cook more evenly.

**3** Preheat the oven to 220°C.

**4** Place the fish and all the marinade in a large baking tray lined with baking paper and roast for 15–20 minutes, then allow it to rest for 2–3 minutes.

**5** Sprinkle a little extra paprika and

za'atar over the fish. Combine the pine nuts, parsley and red onion and scatter over the top. Serve with some flatbread or steamed rice.

**NOTE** Ask your fishmonger to clean the fish for you, if you like.

### Nutrition info

(Served with 1 small wholemeal Lebanese flat bread)

**PER SERVE** 2780kJ (665Cal), **protein** 55g, **total fat** 32g (sat. fat 5g), **carbs** 30g, **fibre** 5g, **sodium** 672mg • **Carb exchanges** 2 • **GI estimate** medium



(Served with 1/2 cup cooked SunRice Low GI Doongara Rice)

**PER SERVE** 2950kJ (706Cal), **protein** 56g, **total fat** 32g (sat. fat 5g), **carbs** 47g, **fibre** 4g, **sodium** 540mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

## GRILLED ASPARAGUS AND BUTTER BEAN SALAD WITH CAPERS, CHILLI AND LEMON

**SERVES** 4 (AS A LIGHT MEAL)

**2 bunches asparagus, trimmed**  
**1 tablespoon olive oil**  
**Freshly ground black pepper**  
**1 x 400g can butter beans, rinsed and drained**  
**2 tablespoons capers, drained**  
**2 spring onions, finely sliced**  
**Handful dill sprigs**  
**Handful flat-leaf parsley leaves, roughly chopped**  
**2 tablespoons sherry vinegar**  
**1/4 cup (60 ml) extra virgin olive oil**  
**1–2 tablespoons Calabrian chilli in oil (see Note)**  
**Finely grated zest of 1 lemon**

**1** Preheat a char-grill pan or large frying pan to medium–high.

**2** If the asparagus are thick, gently peel them and cut in half lengthways. If they are thin, skip this

step. Toss the asparagus with the olive oil and season with pepper. Grill for around 2 minutes, turning them throughout until lightly charred.

**3** To assemble, place the asparagus in a bowl with the butter beans, capers, spring onion and herbs. Dress with the sherry vinegar, extra virgin olive oil and Calabrian chilli. Season with a little more salt, then gently toss and serve on a platter topped with the lemon zest.

**NOTE** Calabrian chilli in oil, or Italian chilli in oil, is available at some supermarkets, delis and specialty stores. If you can't find it, use any chilli in oil.

### Nutrition info

**PER SERVE** 1130kJ (270Cal), **protein** 5g, **total fat** 23g (sat. fat 4g), **carbs** 10g, **fibre** 5g, **sodium** 152mg • **Carb exchanges** 1/2 • **GI estimate** low • **Gluten free** • **Lower carb**

## GF SMOKY WHOLE EGGPLANTS WITH CRISPY CHICKPEAS, OLIVES AND TAHINI

**SERVES** 4 (as a main meal)

**5 eggplants**  
**Freshly ground black pepper**  
**2 tablespoons extra virgin olive oil**  
**2 tablespoons chilli oil**  
**Juice of 1 lemon**  
**2 tablespoons pomegranate molasses**

### TO SERVE

**2/3 cup (185g) garlicky whipped tahini (see recipe below)**  
**2 tablespoons za'atar**  
**1/3 cup (55g) pitted kalamata olives, roughly chopped**  
**1 cup (175g) crispy roast chickpeas (see recipe below)**  
**Handful dill sprigs, roughly chopped**  
**Handful mint leaves, roughly chopped**



## book extract

**1** Preheat a barbecue to high and cook the eggplants whole for 15 minutes, turning throughout, until the skins are charred and the eggplants are soft. Alternatively, working in batches, place the whole eggplants over an open gas cooker flame and cook for 10 minutes, turning throughout, until soft. You can also bake them by placing them directly onto the oven racks and cooking at 230°C for 20–25 minutes, until soft (though you won't get the same smoky flavour).

**2** Place the cooked eggplants on a wire rack set over a plate or tray and allow them to drain and cool for a few minutes, then carefully peel off the burnt skin, leaving the eggplants whole and the tops intact, if possible. Carefully transfer them to a serving platter, season with pepper, then drizzle with the olive oil, chilli oil, lemon juice and pomegranate molasses.

**3** To serve, spoon the garlicky whipped tahini over the eggplants and sprinkle with the za'atar. Top with the olives, crispy roast chickpeas and herbs, and dig in.

### Nutrition info

**PER SERVE** 2870kJ (687Cal), **protein** 17g, **total fat** 48g (sat. fat 7g), **carbs** 37g, **fibre** 19g, **sodium** 503mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

### GF GARLICKY WHIPPED TAHINI

**MAKES** 1¼ cups (350g) (as a side)

½ cup (135g) hulled tahini  
Juice of 1 lemon  
2 cloves garlic, finely crushed  
Freshly ground black pepper

**1** Place all the ingredients in a blender with ⅔ cup (170ml) water and blend into a smooth paste. Adjust the water and lemon juice until you have a silky consistency.

Alternatively, combine the ingredients in a bowl with a whisk or fork, whisking in the water slowly until smooth and combined. Transfer to an airtight container or jar and store in the fridge for up to 1 week.

**PRO TIP** This sauce thickens when stored overnight, so to thin it out again, add lemon juice, water and seasoning as required.

### Nutrition info

**PER 100G SERVE** 1770kJ (423Cal), **protein** 15g, **total fat** 36g (sat. fat 6g), **carbs** 8g, **fibre** 5g, **sodium** 14mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free**

GF

### CRISPY ROAST CHICKPEAS

**MAKES** 2 cups (350 g) (as a side)

2 x 400g cans chickpeas, rinsed, drained and dried overnight (see Note)  
2 tablespoons olive oil  
1 teaspoon ground cumin  
1 teaspoon sweet smoked paprika  
Sea salt flakes and ground black pepper

**1** Preheat the oven to 210°C and line a baking tray with baking paper.

**2** Toss the dried chickpeas with the olive oil, spices and a little salt and pepper until well coated. Scatter over the baking tray and roast for 25–30 minutes, until crisp. Set aside to cool, then store in an airtight container at room temperature for up to 2 weeks.

**NOTE** Ensure the chickpeas have been dried very well in the fridge overnight, uncovered, on paper towel.

### Nutrition info

**PER 100G SERVE** 1020kJ (244Cal), **protein** 9g, **total fat** 13g (sat. fat 2g), **carbs** 18g, **fibre** 8g, **sodium** 330mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

## GF LC GF FISH SHAWARMA-STYLE WRAPS

**SERVES** 4 (as a main meal)

600g firm white-fleshed fish, such as ling, Spanish mackerel, swordfish, gemfish or barramundi, cut into 3cm pieces  
1 tablespoon ras el hanout (see Notes)

Freshly ground black pepper  
¼ cup (60ml) olive oil  
2 lemons  
1 brown onion, cut into 1cm slices

### TO SERVE

8 small Lebanese-style flatbreads  
1 cup (220g) hummus  
3 handfuls fresh herbs, such as flatleaf parsley leaves, mint leaves or dill sprigs  
1 tomato, sliced  
1 Lebanese cucumber, sliced  
½ cup (135g) sumac yoghurt (see recipe below), or natural Greek-style yoghurt  
⅓ cup (80 ml) zhoug (see recipe below)  
1 Soak eight 12 cm bamboo/wooden skewers in water for 10 minutes.

**2** Place the fish in a bowl with the ras el hanout, some salt and pepper and 2 tablespoons of the olive oil and toss to coat.

**3** Cut one of the lemons in half lengthways and then cut each half into eight thin slices. Thread the fish onto the skewers in between the lemon slices – you want three pieces of fish and two slices of lemon per skewer. If you have time, place the skewers in the fridge for up to 1 hour to marinate.

**4** Preheat a barbecue or chargrill pan to high. Toss the onion in the remaining olive oil and season lightly with salt and pepper.

**5** Cook the fish for around 2 minutes each side, and the onion until it's charred and gnarly, about 2 minutes.

**6** To serve, lay the flatbreads out,





Smoky whole eggplants  
with crispy chickpeas,  
olives and tahini  
*Recipe, opposite*



**Seared tuna minute steak**  
*Recipe, opposite*





spoon some hummus onto them and top with the herbs, tomato, cucumber and the charred onion. Place a fish skewer on top, then pull the bamboo skewer out and discard. Finish with the yoghurt and zhoug, wrap it all up and dive in!

### Nutrition info

**PER SERVE** 3250kJ (778Cal), **protein** 42g, **total fat** 47g (sat. fat 8g), **carbs** 41g, **fibre** 12g, **sodium** 852mg • **Carb exchanges** 2½ • **GI estimate** medium

**LCO**

(Served with 1 cup mixed leafy greens instead of flatbread)

**PER SERVE** 2680kJ (641Cal), **protein** 37g, **total fat** 45g (sat. fat 7g), **carbs** 15g, **fibre** 9g, **sodium** 597mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

### GF SUMAC YOGHURT

**MAKES** 1¾ cups (480g)

1½ cups (390g) natural Greek-style yoghurt  
2 cloves garlic, crushed  
1 tablespoon sumac  
Juice of 1 lemon  
2 tablespoons extra virgin olive oil  
Freshly ground black pepper

1 Combine all the ingredients in a bowl and season to taste. Transfer to an airtight container or jar and store in the fridge for up to 1 week.

### Nutrition info

**PER** 100g 642kJ (154Cal), **protein** 4g, **total fat** 11g (sat. fat 3g), **carbs** 8g, **fibre** 1g, **sodium** 255mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free**

### GF ZHOUG

**MAKES** 1 cup (250ml)

½ bunch coriander (cilantro), leaves picked and some stalks reserved  
½ bunch flat-leaf parsley, leaves picked and some stalks reserved

1 long red chilli, sliced  
2 teaspoons ground cumin  
1 teaspoon ground caraway  
½ teaspoon ground cardamom  
½ teaspoon sweet smoked paprika (optional)  
½ teaspoon sea salt flakes  
Juice of ½ lemon  
⅔ cup (170 ml) olive oil

1 Place herbs, chilli, spices, salt, lemon juice and half the olive oil in a blender or food processor and blend to chop herbs and chilli, then increase speed to finely chop everything.

2 Add the remaining olive oil and pulse to combine, leaving some texture remaining. Transfer to an airtight container or jar and store in the fridge for up to 1 week.

### Nutrition info

**PER 100G** 2380kJ (569Cal), **protein** 1g, **total fat** 62g (sat. fat 10g), **carbs** 2g, **fibre** 3g, **sodium** 9mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

### SEARED TUNA MINUTE STEAK

**SERVES** 4 (AS A MAIN MEAL)

4 x 150–160g tuna steaks  
Freshly ground black pepper  
⅓ cup (80ml) olive oil  
1 clove garlic, crushed  
250 g red grape tomatoes  
250 g yellow grape tomatoes  
⅓ cup (55g) pitted kalamata olives, roughly chopped  
¼ cup (45g) capers, rinsed and drained  
Handful flat-parsley leaves, roughly chopped  
Handful dill sprigs, roughly chopped  
1 lemon, cut into wedges, to serve  
Extra virgin olive oil, to drizzle  
400g cooked spaghetti, reserving ½ cup (125ml) starchy pasta cooking water (optional)  
Dried chilli flakes (optional)

1 Preheat a large non-stick frying pan, char-grill pan or barbecue over high heat.

2 Season the tuna steaks with salt and pepper and drizzle with 2 tablespoons of the olive oil. Cook in batches for 30 seconds on one side and remove from the pan without flipping. If you prefer your tuna well done, cook for 30 seconds each side and then transfer to a plate to rest for 1–2 minutes.

3 Add the remaining olive oil to the pan with the garlic, tomatoes and a pinch of salt. Cook until the tomatoes begin to burst, then add the olives, capers and a crack of pepper. Add the herbs and stir through. To serve the tuna as it is (pictured), spoon the tomatoes over it. Squeeze the lemon juice over the top and finish with a drizzle of extra virgin olive oil.

4 To serve the tuna with pasta, slice it into thin strips and combine with the cooked spaghetti, tomato and herb sauce, reserved starchy pasta cooking water and a good glug of extra virgin olive oil. Finish with a squeeze of lemon juice and dried chilli flakes, if you like.

### Nutrition info

**PER SERVE** 2090kJ (500Cal), **protein** 42g, **total fat** 22g (sat. fat 4g), **carbs** 29g, **fibre** 6g, **sodium** 489mg • **Carb exchanges** 2 • **GI estimate** low



**More Fish More Veg**

by Tom Walton, published by Murdoch Books. RRP \$39.99



Celebrate the special man in your life with a beaut brekkie this Father's Day. It's worth getting out of bed for!

# BREAKFAST FOR *champions*

Smoky baked beans  
with bacon  
*Recipe, page 72*

## *Cook's Tip*

For a different flavour and texture, replace one of the cans of white beans with a can of chickpeas.

**LOWER-CARB  
OPTION** Omit the  
sourdough bread  
and margarine.  
Serve the bean  
mixture on its  
own.



How our  
food works  
for you  
see page 90

### ***Cook's Tip***

Making your own juice is a healthy way to go. You know exactly what goes into your drink.

And, because it's made with fresh fruit, there are no additives or preservatives.

**Herbed corn & ricotta fritters  
with avocado salsa**  
*Recipe, page 74*



**GFO LCO**

## HUEVOS RANCHEROS

**PREP** 15 MINS **COOK** 1 HOUR 5 MINS **SERVES** 4  
(AS A BREAKFAST)

4 Old El Paso Mexican Wholegrain Tortillas  
or gluten-free wraps, cut into triangular  
pieces  
1 Tbsp olive oil  
1 large brown onion, finely chopped  
2 cloves garlic, finely chopped  
1 small red chilli, deseeded, finely chopped  
1 large red capsicum, chopped  
500g very ripe tomatoes, chopped  
60ml (¼ cup) salt-reduced vegetable stock  
or gluten-free stock  
4 x 60g eggs, at room temperature  
Coriander leaves, to serve

**1** Preheat oven to 180°C (fan-forced).  
Arrange the tortilla triangles, in a single layer,  
on 2 oven trays. Bake for 8-10 minutes or  
until crisp. Transfer to a plate and set aside to  
cool.

**2** Meanwhile, heat the oil in a large non-stick  
frying pan over medium heat. Add the onion,  
garlic and chilli. Cook, stirring occasionally,  
for 7-8 minutes or until the onion softens.  
Add the capsicum, tomato and stock. Cover  
and bring to a simmer. Reduce heat to  
medium-low and cook, covered, stirring  
occasionally, for 20 minutes. Remove the lid  
and stir. Cook, uncovered, stirring  
occasionally, for 15-20 minutes or until the  
mixture thickens. Set aside for 10 minutes to  
cool slightly.

**3** Divide the mixture between 4 shallow  
250ml (1 cup) ovenproof dishes. Arrange the  
dishes on an oven tray. Using a spoon, make  
a hollow in the middle of the filling to create  
space for an egg. Crack 1 egg into each dish.  
Bake for 12 minutes or until the eggs are just  
set but yolks are runny. Set aside for 2  
minutes before serving.

**4** Top with coriander leaves and serve with  
the tortilla chips.

## Nutritional info

**PER SERVE** 1290kJ (308Cal), **protein** 14g,  
**total fat** 13g (sat. fat 3g), **carbs** 30g, **fibre**  
6g, **sodium** 293mg • **Carb exchanges** 2 • **GI**  
**estimate** low • **Gluten-free option**

### LOWER-CARB OPTION:

**PER SERVE** 1160kJ (278Cal), **protein** 16g,  
**total fat** 13g (sat. fat 4g), **carbs** 18g, **fibre**  
12g, **sodium** 277mg • **Carb exchanges** 1 • **GI**  
**estimate** low • **Lower carb**

**GFO LCO**

## SMOKY BAKED BEANS WITH BACON

**PREP** 15 MINS **COOK** 25 MINS  
**SERVES** 4 (AS A BREAKFAST)

1 Tbsp olive oil  
60g lean eye bacon or gluten-free bacon,  
trimmed of fat, chopped  
1 large brown onion, finely chopped  
2 cloves garlic, finely chopped  
3 tsp smoked paprika  
400g can no-added-salt chopped tomatoes  
125ml (½ cup) water  
1 Tbsp brown sugar  
50g (2 Tbsp) no-added-salt tomato paste  
2 x 420g cans no-added-salt white beans,  
rinsed, drained  
4 x 40g slices wholegrain sourdough bread  
or gluten-free bread, toasted, to serve  
1 Tbsp light margarine, to serve

**1** Heat oil in a large saucepan over medium  
heat. Add bacon and cook, stirring often, for  
2 minutes, or until light golden brown. Add  
the onion and garlic. Cook, stirring often, for  
6-7 minutes or until the onion softens. Add  
the paprika and cook, stirring, for 1 minute.

**2** Add the tomato, water, sugar and tomato  
paste to the pan. Bring to a simmer. Cook for  
10 minutes, stirring occasionally. Add the  
beans and cook for a further 5 minutes or  
until mixture is thick.

**3** Put the toast on serving plates, spread with  
margarine and serve with bean mixture.



***Cook's Tip***

If you like a bit of extra heat, leave in the chilli seeds and add a pinch of ground chillies with the fresh.

**Huevos Rancheros**

*Recipe, opposite*

**LOWER-CARB  
OPTION**

Swap the tortillas for 4 Simson's Pantry Low Carb Super Grain Wraps.



*Nutritional info*

**PER SERVE** 1460kJ (349Cal), **protein** 18g, **total fat** 9g (sat. fat 2g), **carbs** 41g, **fibre** 13g, **sodium** 435mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

**LOWER-CARB OPTION**

**PER SERVE** 989kJ (237Cal), **protein** 13g, **total fat** 6g (sat. fat 1g), **carbs** 26g, **fibre** 10g, **sodium** 242mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

**GFO****HERBED CORN & RICOTTA FRITTERS WITH AVOCADO SALSA****PREP** 20 MINS **COOK** 15 MINS**SERVES** 4 (AS BREAKFAST)

250g fresh corn kernels (from 2 small cobs)

60ml (¼ cup) water

4 x 60g eggs, at room temperature, separated

250g reduced-fat ricotta

2 Tbsp finely grated parmesan

80g (½ cup) wholemeal self-raising flour or gluten-free flour

60ml (¼ cup) skim milk

⅓ cup chopped flat-leaf parsley

½ bunch chives, snipped or chopped

Freshly ground black pepper

1 Tbsp olive oil

Extra flat-leaf parsley, to serve

4 Tbsp light sour cream, to serve

Lime wedges, to serve (optional)

**AVOCADO SALSA**

½ small avocado, chopped

125g cherry tomatoes, quartered

Juice of 1 lime

Freshly ground black pepper

**STRAWBERRY & APPLE JUICE**

2 x 250g punnets strawberries, hulled, chopped

2 chilled Granny Smith apples, quartered, cored, finely chopped

2 chilled oranges, peeled, white pith removed, finely chopped

1 cup ice cubes

125ml (½ cup) chilled water

**1** Put the corn kernels and water in a small microwave-safe bowl. Cover and cook on High/100% for 1½ minutes. Drain and set aside to cool for 10 minutes.

**2** Put the egg yolks, ricotta and parmesan in a large bowl and whisk to combine. Add the flour and milk. Whisk until well combined. Stir in the parsley and chives. Season with pepper. Stir in the corn. Set aside. Using electric beaters, whisk the eggwhites until soft peaks form. Add to the ricotta mixture and fold through until just combined.

**3** To make the avocado salsa, combine all ingredients in a small bowl. Set aside.

**4** To make the strawberry and apple juice, put all the ingredients in a large blender and process until smooth, in 2 batches, if necessary. Pour between 4 serving glasses.

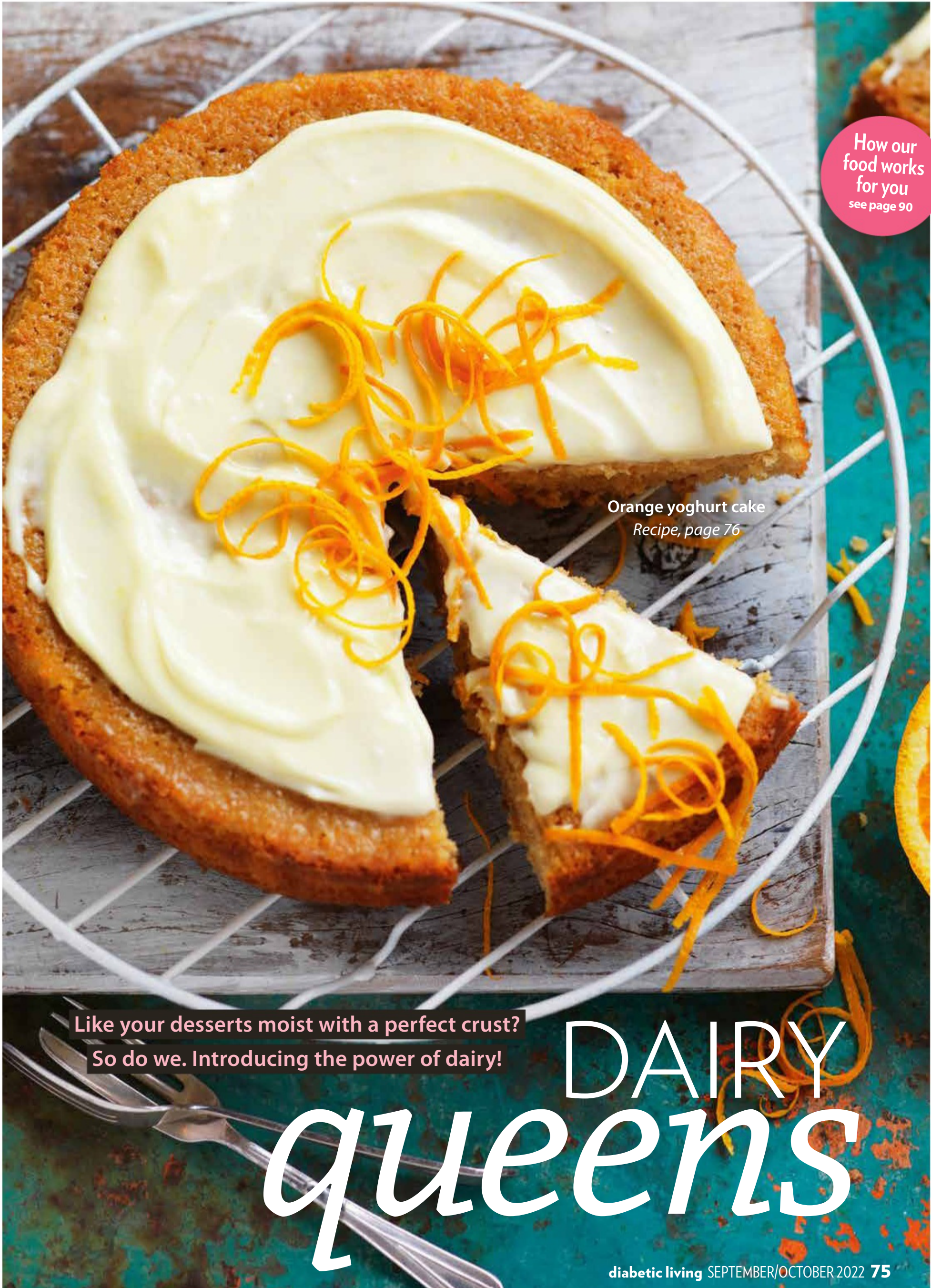
**5** Heat half the oil in a large non-stick frying pan over medium heat. Add 3 Tbsp of the batter and spread out slightly. Repeat 3 times to make 4 fritters in total. Cook for 2-3 minutes, or until bubbles appear on the surface and fritters are golden underneath. Turn over and cook for a further minute or until fritters are cooked through. Transfer fritters to a plate and cover loosely with foil. Repeat with remaining oil and batter, in 2 more batches, to make 12 fritters in total.

**6** Divide the fritters between serving plates. Top with the avocado salsa and extra parsley. Serve with the sour cream, lime wedges, if using, and strawberry and apple juice.

*Nutritional info*

**PER SERVE** 1940kJ (464Cal), **protein** 21g, **total fat** 18g (sat. fat 7g), **carbs** 47g, **fibre** 12g, **sodium** 377mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**



A close-up photograph of an orange yoghurt cake. The cake is round and has a golden-brown, textured crust. It is topped with a thick layer of white cream and garnished with bright orange zest. A single slice has been cut out and is placed next to the main cake. The cake sits on a white wire cooling rack, which is placed on a rustic wooden surface. In the background, a teal-colored surface with some orange zest is visible. The overall lighting is soft and natural.

How our  
food works  
for you  
see page 90

Orange yoghurt cake  
Recipe, page 76

Like your desserts moist with a perfect crust?  
So do we. Introducing the power of dairy!

# DAIRY *queens*



## dessert

### ORANGE YOGHURT CAKE

**PREP** 15 MINS (+ COOLING) **COOK** 45 MINS

**SERVES** 12 (AS A DESSERT)

2 x 60g eggs, at room temperature  
165g ( $\frac{3}{4}$  cup, firmly packed) brown sugar  
2 tsp finely grated orange zest  
90g ( $\frac{3}{4}$  cup) almond meal  
50g ( $\frac{1}{3}$  cup) wholemeal self-raising flour  
95g ( $\frac{1}{3}$  cup) low-fat natural yoghurt  
Thinly sliced orange zest, to serve (optional)

#### ORANGE CREAM ICING

60g light cream cheese, softened  
2 Tbsp Lakanto Pure Icing Powder  
1 Tbsp fresh orange juice

- 1 Preheat oven to 140°C (fan-forced). Spray a 20cm (base measurement) round springform tin with cooking spray. Line the base and side with baking paper.
- 2 Use an electric mixer to beat the eggs, sugar and orange zest in a small bowl until light and fluffy. Stir in the almond meal, flour and yoghurt.
- 3 Spoon the mixture into the lined tin. Bake for 45 minutes or until a skewer inserted in the middle comes out clean. Set aside in the tin for 5 minutes before turning, top-side up, onto a wire rack to cool.
- 4 Meanwhile, make the orange cream cheese icing; whisk all the ingredients in a small bowl until smooth.
- 5 Spread the cake with the icing. Top with thinly sliced orange zest, if you like. Suitable to freeze.

#### Nutritional info

**PER SERVE** 599kJ (143Cal), **protein** 4g, **total fat** 6g (sat. fat 1g), **carbs** 17g, **fibre** 1g, **sodium** 71mg  
• **Carb exchanges** 1 • **GI estimate** medium

### Cook's Tip

Swap the orange for lemon for a tangy citrus burst. The cake can be made ahead; store in an airtight container for up to 2 days or wrap and freeze for up to 2 months.

### CHOCOLATE & RICOTTA CREPES WITH SPICED DATES

**PREP** 10 MINS (+ COOLING) **COOK** 20 MINS

**SERVES** 2 (AS AN OCCASIONAL DESSERT)

2 x (40g) fresh dates, seeds removed, cut into slivers  
125ml ( $\frac{1}{2}$  cup) water  
1 cinnamon stick  
 $\frac{1}{4}$  tsp vanilla extract  
1 tsp brown sugar  
50g ( $\frac{1}{3}$  cup) wholemeal plain flour  
160ml ( $\frac{2}{3}$  cup) skim milk  
1 x 60g egg, lightly whisked  
60g ( $\frac{1}{4}$  cup) reduced-fat fresh ricotta  
1 Tbsp finely grated dark chocolate (85% cocoa)

- 1 Combine the dates, water, cinnamon, vanilla extract and sugar in a small saucepan. Cook, stirring, over low heat until the sugar dissolves. Increase heat to high and bring to the boil. Reduce heat to low and simmer for 10 minutes or until the liquid reduces to 2 tablespoons. Set aside to cool.
- 2 Place the flour in a medium bowl. Gradually whisk in the combined milk and egg until smooth. Set aside for 10 minutes to rest.
- 3 Spray a small non-stick crêpe or frying pan with a little cooking spray. Heat the pan over medium heat. Add  $\frac{1}{4}$  cup crêpe mixture to the pan, swirling to make to a thin layer. Cook for 30 seconds each side or until golden. Transfer to a plate. Repeat with the remaining mixture to make a total of 4 crêpes.
- 4 Combine the ricotta and 3 teaspoons of the chocolate in a small bowl. Divide the ricotta mixture into the centre of the crêpes and fold up to form parcels. Serve topped with the dates, syrup and remaining chocolate.

#### Nutritional info

**PER SERVE** 1110kJ (265Cal), **protein** 13g, **total fat** 6g (sat. fat 3g), **carbs** 39g, **fibre** 4g, **sodium** 122mg • **Carb exchanges** 2½  
• **GI estimate** medium





Chocolate &  
ricotta crepes  
with spiced dates  
*Recipe, opposite*





Baked rice puddings  
with raspberries  
*Recipe, page 82*

***Cook's Tip***

Use orange zest  
instead of lemon zest  
and nutmeg instead  
of cinnamon.





Cherry upside-  
down cakes  
*Recipe, page 80*





## CHERRY UPSIDE-DOWN CAKES

**PREP** 10 MINS **COOK** 20 MINS  
**MAKES** 12 (1 PER SERVE; AS A DESSERT)

425g can pitted black cherries, drained  
 2 x 60g eggs  
 150g (¾ cup, firmly packed) brown sugar  
 90g (¾ cup) almond meal  
 1 tsp vanilla extract  
 50g (⅓ cup) wholemeal self-raising flour  
 125ml (½ cup) low-fat milk  
 Icing sugar, for dusting (optional)

**1** Preheat oven to 160°C (fan-forced). Spray a 12-hole (80ml/⅓ cup) muffin pan with cooking spray. Divide the cherries among pan holes.

**2** Use a hand held beater to beat the eggs and sugar in small bowl until light and fluffy. Stir in the almond meal, vanilla extract, flour and milk. Spoon the mixture into the pan holes.

**3** Bake for about 20 minutes or until a skewer inserted in the middle comes out clean. Set aside for 5 minutes before turning, top-side up, onto wire rack to cool. Dust with icing sugar if desired.

### Nutritional info

**PER SERVE** 592kJ (141Cal), **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 19g, **fibre** 2g, **sodium** 51mg • **Carb exchanges** 1½ • **GI estimate** medium

GFO

## RICOTTA PANCAKES

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 4 (1 PANCAKE PER SERVE; AS A DESSERT)

1½ (300g) ripe medium bananas  
 2 Tbsp reduced-fat ricotta  
 1 x 60g egg, separated  
 1½ Tbsp caster sugar  
 35g (¼ cup) buckwheat flour, sifted  
 ¼ tsp baking powder or gluten-free baking powder  
 1 tsp white chia seeds  
 2 Tbsp skim milk  
 2 medium kiwifruit, peeled, finely chopped  
 90g (⅓ cup) no-fat Greek-style natural yoghurt  
 2 tsp honey, warmed

**1** Coarsely mash half the banana in a small bowl.

**2** Whisk the ricotta, egg yolk and sugar in a medium bowl until smooth. Stir in the flour, baking powder, chia seeds, milk and mashed banana until well combined.

**3** Use hand held beaters to whisk the egg white in a medium bowl until soft peaks form. Gently fold the egg white into the ricotta mixture.

**4** Spray a large non-stick frying pan with oil then place over medium heat. Spoon four ¼-cup measures of batter into the pan. Cook pancakes for 2 minutes each side or until golden.

**5** Finely chop the remaining banana. Serve 1 pancake each, topped with banana and kiwifruit and drizzled with yoghurt and honey.

### Nutritional info

**PER SERVE** 857kJ (205Cal), **protein** 8g, **total fat** 3g (sat. fat 1g), **carbs** 35g, **fibre** 4g, **sodium** 84mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**



**dessert**

**Ricotta pancakes**  
*Recipe, opposite*







GF

## RICE PUDDINGS WITH RASPBERRIES

**PREP** 5 MINS **COOK** 25 MINS **SERVES** 4 (AS A DESSERT)

65g (1/3 cup) white medium-grain rice  
 500ml (2 cups) skim milk  
 185ml (3/4 cup) water  
 1 1/2 Tbsp pure maple syrup  
 1/2 tsp finely grated lemon zest  
 1 vanilla bean, split in half lengthways, seeds scraped  
 35g (1/4 cup) fresh or defrosted frozen raspberries, broken into pieces  
 1/2 tsp ground cinnamon

- 1 Rinse the rice under cold running water until the water runs clear.
- 2 Place the milk, water, 1 tablespoon maple syrup, lemon zest and vanilla bean and seeds in a small saucepan. Bring to a simmer over medium heat. Add the rice, stirring to separate grains. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 20 minutes or until the rice is tender and the liquid reduces and thickens.
- 3 Discard the vanilla bean from the rice. Divide the rice mixture between four 125ml (1/2 cup) shallow ovenproof dishes. Top each with a quarter of the raspberries. Fold the mixture gently to incorporate the raspberries, taking care not to break up the raspberries further. Drizzle with the remaining maple syrup and sprinkle with the cinnamon.
- 4 Preheat oven grill to high. Place the dishes under the grill and cook for 3 minutes or until the tops are golden. Serve warm.

### Nutritional info

**PER SERVE** 601kJ (144Cal), **protein** 6g, **total fat** 0g (sat. fat 0g), **carbs** 28g, **fibre** 2g, **sodium** 53mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

## BLUEBERRY DOUGHNUTS WITH LEMON DRIZZLE

**PREP** 15 MINS (+ COOLING) **COOK** 15 MINS  
**MAKES** 8 (1 PER SERVE; AS AN OCCASIONAL DESSERT)

3 egg whites (from 60g eggs), at room temperature  
 60ml (1/4 cup) pure maple syrup  
 90g (3/4 cup) almond meal  
 80g (1/2 cup) wholemeal plain flour  
 2 Tbsp light olive oil  
 80g blueberries  
 50g (1/4 cup) Lakanto Pure Icing Powder  
 3 tsp fresh lemon juice  
 1 tsp finely grated lemon zest

- 1 Preheat oven to 160°C (fan-forced). Spray eight holes of an 80ml (1/3 cup) doughnut pan with cooking spray.
- 2 Use an electric mixer to whisk the egg whites on medium speed for 2 minutes or until foamy. With the motor operating, add the maple syrup. Whisk for 3 minutes or until firm peaks form.
- 3 Sift the combined almond meal and flour over the eggwhite mixture. Whisk in the oil until a smooth batter forms. Transfer the batter to a disposable piping bag. Snip off the end to make a 1cm opening.
- 4 Place the doughnut pan on a large baking tray. Pipe half the almond batter into the base of the greased holes. Divide the blueberries evenly over the batter. Pipe the remaining batter over the blueberries. Bake for 12 minutes, turning tray once during baking.
- 5 Stand the doughnuts in the pan for 2 minutes before turning onto a wire rack to cool completely.
- 6 Place the sifted icing powder and the lemon juice in a small bowl. Stir until the icing mix dissolves and the icing is smooth.
- 7 Drizzle the cooled doughnuts with icing and sprinkle with the lemon zest.

### Nutritional info

**PER SERVE** 758kJ (181Cal), **protein** 5g, **total fat** 11g (sat. fat 1g), **carbs** 14g, **fibre** 3g, **sodium** 31mg • **Carb exchanges** 1 • **GI estimate** high





**dessert**

Blueberry  
doughnuts with  
lemon drizzle  
*Recipe, opposite*



## BAKED BERRY GERMAN PANCAKE

**PREP** 10 MINS **COOK** 20 MINS

**SERVES** 6 (AS AN OCCASIONAL DESSERT)

6 x 60g eggs

250ml (1 cup) skim milk

1 tsp ground cinnamon

80g (½ cup) wholemeal plain flour

1 Tbsp black chia seeds

60ml (¼ cup) sugar-free maple syrup

125g frozen mixed berries, thawed on layers of paper towel

125g strawberries, halved or quartered if large

130g (½ cup) unsweetened vanilla-bean Greek-style yoghurt

1 Preheat oven to 200°C (fan-forced).

2 Place the eggs, milk, cinnamon, flour, chia seeds and 1 tablespoon of the maple syrup in a bowl. Whisk until well combined. Fold through the thawed berries.

3 Lightly spray a large 25cm ovenproof frying pan with cooking spray. Pour the batter into the pan and bake in preheated oven for 20 minutes or until puffed and golden.

4 Top the pancake with the strawberries and yoghurt. Serve hot, drizzled with remaining maple syrup.

**MAKE AHEAD** The pancake batter, without the chia seeds and berries, can be made the night before and kept in the fridge. Stir in the chia seeds and berries just before cooking.

### *Nutritional info*

**PER SERVE** 793kJ (190Cal),

**protein** 12g, **total fat** 8g

(sat. fat 3g), **carbs** 15g,

**fibre** 4g, **sodium**

121mg • **Carb**

**exchanges** 1

• **GI estimate** high



### *Cook's tips*

For individual serves, divide the batter evenly among 6 x 185ml ( $\frac{3}{4}$  cup) ovenproof dishes, then bake for 10 minutes or until puffed and golden.

This recipe needs to be eaten hot for best results.

Baked berry  
German pancake  
*Recipe, opposite*







# Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

## Kitchen Tips

### ON THE PULSE

Canned pulses, which include chickpeas, butter beans, cannellini beans, black beans and red kidney beans are all available in no-added-salt varieties and are a must-have in your pantry. They are super versatile and can be used in so many ways, including a lot of quick and easy options. They are an excellent source of fibre, plant-based protein, low GI carbohydrates and other essential nutrients such as folate and potassium.

Try throwing a can of drained and rinsed pulses into your favourite salad, add to soups, casseroles or add a few to your favourite healthy vegetarian pizza toppings. Canned pulses are also great to make hummus and dips, try experimenting with the different beans and spices, to create your favourite flavour combo. They are an ideal base for making your own veggie burgers as well.

Roughly mash a can of butter or cannellini beans and mix in with your steamed and mashed sweet potato with a little light margarine, a clove or two of crushed garlic (which you can steam with the sweet potato if you like), a little sprinkle of smoked paprika, finely grated lemon zest and a little juice. Finish off by stirring in some chopped coriander leaves. Serve with lean fish, chicken or steak and some steamed greens for a quick and easy weekday meal.



## SUPERMARKET CRUSH

### Bounce breakfast bars

Start your day with Bounce's range of Brekkie Bars. Available in Hazelnut Cacao and Apricot Almond. Gluten-free and super high in fibre, they are a great option for those busy mornings on the go, alongside a skinny latte or glass of skim milk. They are filled with a fruit filling wrapped in an almond butter crust. RRP \$6. (for pack of 3). Available nationally at Coles or online at [bouncefoods.com.au](http://bouncefoods.com.au)



## SUPERMARKET CRUSH

### Dax and Andy Healthy Lollies

A range of lollipops and lollies created for the health-conscious! Sweetened with all natural, non-chemical, plant-based sweeteners, these lollies are not only lower in carbs than regular lollies, but they also reduce acid and bacteria build up in your mouth and help prevent plaque. Plus, each one provides a punch of fibre and vitamin C. Available from [www.healthylollies.com.au](http://www.healthylollies.com.au) Starting RRP for Dr. John's Healthy Sweets is \$13.95 and ZolliPops is \$7.95.



# LOW GI SWEET FRUITY SNACKS

## GF PEARS WITH COCONUT & HONEY

Cut ½ unpeeled pear into wedges and put on a small plate. Brush pear flesh with 1 tsp honey, then sprinkle with 1½ Tbsp shredded coconut. **Serves 1.**

**PER SERVE** 645kJ (154Cal), **protein** 1g, **total fat** 7g (sat. fat 6g), **carbs** 18g, **fibre** 4g, **sodium** 3mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

## GF LC STRAWBERRIES WITH WHITE CHOCOLATE & PISTACHIOS

Hull and halve 125g strawberries and put in a shallow bowl. Put 10g white chocolate in a microwave-safe bowl and heat on medium/50% for 1-2 minutes, stirring once. Stir, then drizzle over the strawberries. Sprinkle with 1 tsp chopped unsalted shelled pistachios. **Serves 1.**

**PER SERVE** 427kJ (102Cal), **protein** 2g, **total fat** 5g (sat. fat 2g), **carbs** 11g, **fibre** 3g, **sodium** 8mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

## GF ORANGE WITH SORBET

Chop ½ orange and put on a small plate. Top with 1 large scoop (50g) sorbet. **Serves 1.**

**PER SERVE** 372kJ (89Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 21g, **fibre** 2g, **sodium** 5mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free**

## GF ICE-CREAM AND BANANA WITH CARAMEL TOPPING

Put 1 small (40g) scoop low-fat or sugar-free ice-cream in a small bowl. Top with ½ small chopped banana and 1 tsp Natvia salty caramel topping. **Serves 1.**

**PER SERVE** 405kJ (97Cal), **protein** 2g, **total fat** 1g (sat. fat 1g), **carbs** 19g, **fibre** 1g, **sodium** 44mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** ■



# Plan your week,

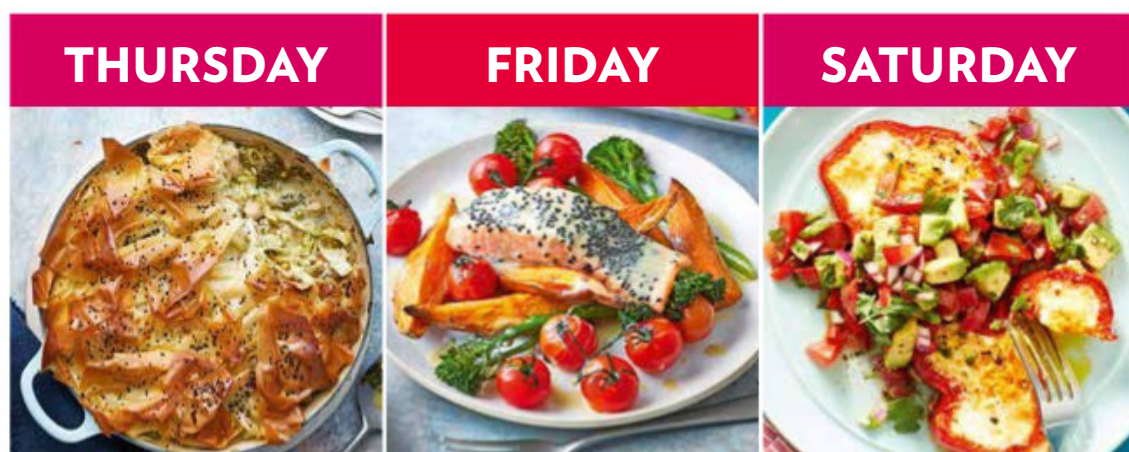
Wondering what to eat this week? Try these delicious meal ideas



| SUNDAY           |                                                                                        |                                                    |                                                                                |                                                   |
|------------------|----------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------|
| MONDAY           |                                                                                        |                                                    |                                                                                |                                                   |
| TUESDAY          |                                                                                        |                                                    |                                                                                |                                                   |
| WEDNESDAY        |                                                                                        |                                                    |                                                                                |                                                   |
| H <sub>2</sub> O | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                    |                                                                                |                                                   |
| Breakfast        | Herbed corn & ricotta fritters with avocado salsa (p 74)                               | Bounce Brekkie Bar & a small skinny latte          | 1 cup fruit salad topped with ¾ cup diet vanilla yoghurt & 30g crushed walnuts | Smoky baked beans with bacon (p 72)               |
| Optional snack   | ¾ cup diet vanilla yoghurt                                                             | Pear with coconut & honey (p 87)                   | 2 corn thins each topped with 20g slice reduced-fat cheese                     | 1 piece fresh fruit                               |
| Lunch            | Mediterranean meatball soup (p 60)                                                     | Roasted chicken & pumpkin over mixed greens (p 49) | Grilled asparagus and butter bean salad with capers, chilli and lemon (p 65)   | Indian spiced cauliflower & chickpea salad (p 55) |
| Optional snack   | Orange with sorbet (p 87)                                                              | 30g unsalted nuts                                  | 1 cup vegie sticks & 2 Tbsp hummus                                             | 170g tub Chobani yoghurt                          |
| Dinner           | Lemon tuna, tomato & caper one-pot pasta (p 40)                                        | Smoky chickpea & pearl barley risotto (p 17)       | One-pan spaghetti & meatballs (p 19)                                           | Lemony chicken soup (p 20)                        |
| Alcohol          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                    |                                                                                |                                                   |
| Optional dessert | 1 cup fruit salad                                                                      | 1 piece fresh fruit                                | Ice-cream & banana with caramel topping (p 87)                                 | 1 cup skim milk with 2 tsp 30% less sugar Milo    |
| Exercise         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                    |                                                                                |                                                   |



# it's easy!



depending on your exercise levels.

|                                                                                                  |                                                                                     |                                                              |
|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|
| 40g slice rye sourdough toast topped with 2 Tbsp ricotta, ½ small sliced banana & ½ tsp of honey | 2 Multigrain Weet-Bix topped with skim milk, ½ small sliced banana & 5 strawberries | Huevos rancheros (p 72)                                      |
| Pear with coconut & honey (p 87)                                                                 | Skinny latte                                                                        | 1 piece fresh fruit                                          |
| Kale, grapefruit & pomegranate salad (p 46)                                                      | Mediterranean meatball soup (p 60)                                                  | Warm farro salad with salmon, mushroom & sweet potato (p 52) |
| 30g unsalted nuts                                                                                | 170g tub Chobani yoghurt                                                            | Strawberries with white chocolate & pistachios (p 87)        |
| Creamy greens pot pie (p 20)                                                                     | Salmon & sweet potato bake (p 20)                                                   | Easy lamb stew (p 28)                                        |

have a couple of alcohol-free days a week.

|                                 |                   |                                                                  |
|---------------------------------|-------------------|------------------------------------------------------------------|
| Bulla mini frozen yoghurt (38g) | 1 cup fruit salad | ½ cup frozen berries served warm with ¾ cup diet vanilla yoghurt |
|---------------------------------|-------------------|------------------------------------------------------------------|

Always discuss your exercise plans with your doctor first.

## GET MORE BANG FOR YOUR BUCK!

**Swap meat & chicken for legumes** – Canned legumes provide plant-based proteins at an affordable price. Try halving your mince in Bolognese and adding a can of no-added-salt kidney beans, it could save you close to \$4.

**Swap fresh fish for canned fish** – although the taste is slightly different, the health benefits remain the same! Canned fish such as tuna and salmon are an excellent source of healthy fats and make an excellent substitute to purchasing expensive fresh fish and could save you around \$5/serve.

**Swap fresh for frozen** – Frozen vegetables and fruits are snap frozen the moment they are picked allowing for high retention of nutrients making them comparable to fresh varieties. Plus, they won't go off quickly and end up in the bin. There is an excellent variety of frozen vegetables and fruits from as cheap as \$2/kg.

**Swap takeaway for fake-away** – Takeaway meals are expensive because you are paying for ingredients, labour, advertising, packaging, and delivery. Purchasing the ingredients to make your favourite dish at home will cut your spending, as well as your kilojoule, fat, salt and added sugar intake. ■





# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## Nutrition info

**PER SERVE** 1340kJ (320Cal), **protein** 31g, **total fat** 13g (sat. fat 3g), **carbs** 14g, **fibre** 7g, **sodium** 192mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Chicken & sprout salad with bacon vinaigrette  
Recipe, page 49

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



# *living well*

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*“A fit body, a calm mind,  
a house full of love.”*







Fasting diets have been in the spotlight in recent times, with everyone from Hugh Jackman to Kourtney Kardashian endorsing them. Given the attention focused on fasting diets, now is a good time to understand how suitable they might be for people living with diabetes.

Baker Heart and Diabetes Institute dietitian **Cindy Shea** investigates.

# fasting DIETS



**R**eligious and cultural fasting practices have been around for centuries, but more recently, there has been a growing trend towards using fasting to reduce weight and potentially improve blood glucose levels for people living with diabetes.

The theory behind fasting is pretty simple. Your body stores glucose or sugars in your liver. After 10 to 12 hours, your liver is depleted of its glucose stores, so it needs to switch over and use your fat cells as a source of energy. Essentially, an individual will have an overall reduced energy intake and be in negative balance with energy output, which can lead to reductions in weight.

When you fast, your body reduces secretion of insulin so fasting can potentially reduce the need for insulin medication to manage blood glucose levels (BGLs), as opposed to when you are eating a meal containing carbohydrates.

There are many types of fasting diets, including time-restricted eating, alternate day fasting or periodic fasting.

**Time-restricted eating:** you eat within a specific time window.

The most popular regimen is 16 hours of fasting and an eight-hour eating period.

**Alternate day fasting:** every alternate day you are limiting your intake to 500-600 calories or 2100-2500kJ, then the next day you resume your usual diet.

**Periodic fasting:** you fast for one to two days a week then normal eating on other days. The most common periodic approach is 5:2 fasting. This is when you have two days a week of fasting, consuming only 500-600 calories or 2100-2500kJ on those days (not necessarily consecutive days), and the other five days of the week is a regular dietary intake.



## IS IT SAFE TO DO FASTING IF I HAVE DIABETES?

Yes and no. If you are taking any glucose-lowering medications such as sulfonylurea or insulin, there is an increased risk of a hypoglycaemia episode occurring. It is important to speak with your doctor or endocrinologist prior to commencing as these may need to be adjusted and may require more ongoing self-monitoring of glucose levels. For those not on glucose-lowering medications, fasting is thought to be safe. However, it is still advised that you speak with your health professional team.

There are reported side effects associated with fasting, including dizziness, headaches, hunger and hypoglycaemia. The most common side effects are increased hunger, feeling tired and headaches, which may occur in the first few weeks of starting your fasting program.

The other factors to consider when choosing whether fasting is right for you are the limitations that it might impose on your social life, given so many of our social interactions are centred around food, and the limitations around timing of exercise, given you may need to eat before or after.

Intermittent fasting is not suitable for everyone, so speak with your health care team to see if this is safe for you. It is not advised for anyone younger than age 18, for pregnant and breastfeeding women, those with a history of an eating disorder and chronic liver and kidney disease. Before starting any diet, anyone with diabetes should talk to their doctor, diabetes educator and dietitian.

## ARE THEY EFFECTIVE?

Most studies assessing the effectiveness of these diets have been conducted with only a small

sample size, only on those living with type 2 diabetes, and for a short study duration of less than 12 weeks. Some studies have shown reductions in fasting insulin levels, and reductions in weight. However, more studies need to be conducted as results so far have been conflicting, with some studies finding that there has been weight reduction but no improved outcome in overall glycaemic levels (i.e. HbA1c blood levels). There have been limited studies conducted for people living with type 1 diabetes. There is an Australian study currently underway looking at people living with type 2 diabetes on a time-restricting fasting regimen and its effectiveness and safety.

If you're fasting, it is important to be thinking about the quality of the food you are consuming. A good guide to help plan your meals is the Portion plate guide (which can be found here <https://baker.edu.au/health-hub/fact-sheets/the-portion-guide>):

An example of how a day of 16 hours fasting and an eight-hour eating period might look:

**8am:** wake up

**8am-12pm:** black coffee, black tea and water only

**Midday:** first meal of the day using the Portion plate guide

**3-4pm:** snack e.g. piece of fruit or 200g yoghurt with handful of mixed nuts

**6-7pm:** dinner using the Portion plate guide

**8pm:** snack e.g. cup of milk or piece of fruit

There is no 'one-size-fits-all' approach and no quick fix when it comes to achieving weight loss and/or improving glycaemic levels. Simply focusing on behaviour changes such as increasing vegetable intake at lunch and

dinner, or reducing consumption of sugary foods, might be a good starting point. These are modifying behaviours an individual can implement to help manage blood glucose levels.

It is always safer to work with an accredited practising dietitian when modifying your diet so they can work with you to develop a plan that will fit your lifestyle. Ongoing support is so important if you want to be successful with any behaviour change. Ultimately, it is about finding an eating pattern that is sustainable for you and that fits in with your lifestyle, your food preferences and medical needs.

## WHAT ARE THE BENEFITS?

For people living with type 2 diabetes, current research suggests fasting may help with:

- **reducing body weight**
- **decreasing fasting glucose levels**
- **decreasing fasting insulin**
- **reducing insulin resistance**
- **decreasing levels of leptin (hunger hormones)**
- **potentially reducing the need for glucose-lowering medications**

However, as stated earlier, more research is needed with larger sample sizes and over a longer duration to understand the long-term impacts.

Intermittent fasting is one of a number of tools that can be used for people living with diabetes who would like to reduce weight and/or improve glycaemic levels. The intermittent fasting approach may be easier for certain groups of people, particularly those who do not eat breakfast. It can also be useful to help reduce snacking, which can be a problem area for many.





WORDS CINDY SHEA, BAKER HEART AND DIABETES INSTITUTE DIETITIAN

### TIPS FOR THOSE CONSIDERING A FASTING DIET:

- Talk to your doctor, dietitian, or diabetes educator first if you are considering commencing an intermittent fasting approach. They will be able to provide you with individualised advice on your current medical condition.
- The quality of food consumed and good nutrients are important to consider.
- There is no 'one-size-fits-all' approach and it is important to find something that works for you and is sustainable.



Blood glucose monitoring is an important part of managing diabetes, but with so many meters now available, how do you choose? **Dr Kate Marsh** is here to help you decide.

## Why monitor?

By monitoring your blood glucose levels at home you can:

- determine whether your levels are in the target range or if they are too high or too low
- better understand how different foods, exercise, stress and illness affect your blood glucose levels
- know when you need to see your health care team for help with adjusting your diabetes management plan.

## Availability and cost

Meters can be purchased through your pharmacy, Diabetes Australia or some diabetes centres and diabetes educators. Your doctor or diabetes educator may also be able to give you one for free. Prices vary but generally range between \$30 and \$100. Many pharmacies sell them at a discount or run special offers so it can pay to shop around if price is a concern. If you have extras cover on your private health insurance you may be able to claim a rebate from your health fund. Under the NDSS (aka National Diabetes Services Scheme – a government subsidy which allows you to purchase strips at a reduced cost compared with their RRP) the cost of the strips is the same for each meter so this shouldn't be a deciding factor in your choice of meter. The current subsidised price is \$15 for 100. If you have a government concession card they are either \$1.20 or free, depending on the type of concession card you have.

## Questions to consider when choosing a meter

There are many different features to look for when choosing a blood glucose meter, but the following are some of the most important considerations:

- **Does size matter?** If you carry your meter when you go out, would you prefer a smaller size? If you have impaired vision, do you need a larger screen size or even a meter that talks to you?
- **Blood sample size.** Most meters now need very little blood, ranging from 0.5-1.0 microlitres. But if getting a drop of blood is difficult, you might want to look for one with the smallest needs.
- **Do you want to use your meter with a smartphone app,** to help with record keeping and sharing your readings with your diabetes health professionals?
- **Second chance testing.** If you don't get an adequate blood sample with the first drop, do you want a second chance to add more blood rather than having to start again? This can save strips and reduce the need to have to prick your finger a second time.
- **Battery type.** Would you prefer to replace batteries or to charge your device, like you do your mobile phone?
- **Lighting.** Some meters have a backlit screen and others a strip port light – these features can be handy if you are monitoring in low light situations, such as at the movies, or if you are trying to avoid waking your partner when doing an overnight blood glucose check!
- **If you have type 1,** would you prefer one meter that checks both blood glucose and ketones, rather than having two separate meters?





### **Button battery safety – new safety standards**

Button/coin batteries are flat, round single cell batteries, which are used in many of the currently available blood glucose meters. Due to an increasing number of serious injuries and deaths of children from these batteries the Australian government has introduced four safety standards for products which use these batteries, which become mandatory on 22nd June 2022. This means that all blood glucose meters sold or supplied after this date must meet the new standards. If you purchased your meter before this date, it may or may not meet the new standards. If not, it is important to take care when replacing batteries and to store your meter out of reach of young children.

More details can be found at [productsafety.gov.au/products/electronics-technology/button-batteries](https://productsafety.gov.au/products/electronics-technology/button-batteries)





### **Tips for accurate monitoring**

- Always wash your hands before doing a test as anything on your fingers can affect the results.
- Always check that the strips you are using are within their expiry date.
- For strips that come in a vial, make sure you put the lid back on as soon as you take out a new strip to test – air and moisture can affect the accuracy.

### **How to monitor**

To monitor you will need a blood glucose meter, a finger pricking (lancet) device with lancets and test strips. Your diabetes educator or pharmacist can help you to set up your meter and show you how to use it, but most are pretty straightforward to use. For the majority of meters, you will need to:

- Remove a test strip from the vial or foil packet and insert into the meter, which will turn on and give you a message that it's ready for your drop of blood.
- After washing and drying your hands, obtain a drop of blood and apply it to the test strip.
- Within 5-10 seconds, the meter will display your reading. You can record this in a paper diary or record book, or most meters keep a history of your readings with the time and date. Several meters also work with an app that records your readings and allows you to generate a variety of reports and others allow you to upload your readings to an online portal. Used strips can be placed in the bin but lancets should be disposed of in a sharps container.

### **When to monitor**

When and how often you check your blood glucose levels will depend on the type of diabetes you have and how it's being managed and is something that should be discussed with your doctor or diabetes educator. In general, however, the best times to check are:

**If you have type 1 or insulin-treated type 2 diabetes:** before each meal, before bed and occasionally overnight (2-3am), particularly if you've experienced overnight hypos.

**If you have type 2 diabetes not treated with insulin:** before breakfast (fasting) and 2 hours after any meal (from the start of the meal).

### **It's also a good idea to check more regularly when you:**

- are unwell or under a lot of stress
- are experiencing symptoms of high or low blood glucose levels
- are making changes to your diabetes management plan (e.g. altering your diet, activity levels or medication)
- have a change in routine (e.g. when you are travelling or on holidays)
- are driving – if you take insulin or medication that causes hypos you should check before you drive and every few hours during long distance driving (and only drive when you are above 5mmol/L).
- If you're not taking medication that causes hypos and your blood glucose levels are stable then you may not need to monitor at all. It's only useful to monitor if it's helping you in the day-to-day management of your diabetes. A short period of structured monitoring (e.g. before and after meals) is usually more helpful than just checking fasting readings every day.

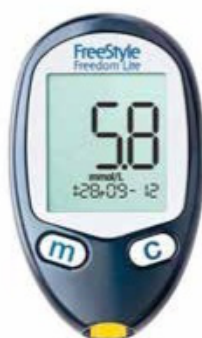


## Choosing the right meter for you

There are close to 20 blood glucose meters currently on offer in Australia which have test strips subsidised on the NDSS. And, as discussed here, there are many factors to consider when choosing a meter. Your best option is to speak with a diabetes educator, who can explain the different features available and help you to work out the best meter to suit your individual needs. However, we have grouped the meters below according to some of their unique features, to help you get started in your decision making.

### THE BASICS – good all rounders

If you want a meter that is easy to use, accurate but without all the extra bells and whistles, these are all good choices. While some have a few unique features, they all record your blood glucose levels with the time and date, keep a record of readings in the memory and some allow you to set an alarm or reminder and to mark readings as pre-meal or post-meal.



#### FREESTYLE FREEDOM LITE

[myfreestyle.com.au/products/freestyle-freedom-lite-blood-glucose-monitoring-system/](http://myfreestyle.com.au/products/freestyle-freedom-lite-blood-glucose-monitoring-system/)



#### CARESENSE N

[pharmacodiabetes.com.au/products/meters/Refined-CareSens-N-Meter/](http://pharmacodiabetes.com.au/products/meters/Refined-CareSens-N-Meter/)

#### GLUNEO

[infopiaoz.org/gluneo](http://infopiaoz.org/gluneo)



#### ONETOUCH VERIO FLEX

[amsldiabetes.com.au/products/onetouch-blood-glucose-monitoring-systems/](http://amsldiabetes.com.au/products/onetouch-blood-glucose-monitoring-systems/)



### POCKET-SIZE – for monitoring on the run

If size is an issue these meters will appeal, being the smallest on the market and easy to fit in your pocket or a small handbag.



#### TRUE METRIX GO

[trivdiahealth.com.au/blood-glucose-monitoring/true-metrix-go/](http://trivdiahealth.com.au/blood-glucose-monitoring/true-metrix-go/)



#### CARESENS N POP

[pharmacodiabetes.com.au/products/meters/Refined-CareSens-N-POP-Meter/](http://pharmacodiabetes.com.au/products/meters/Refined-CareSens-N-POP-Meter/)



#### CONTOUR NEXT ONE

[diabetes.ascensia.com.au/products/contour-next-one/](http://diabetes.ascensia.com.au/products/contour-next-one/)



## APP-CONNECTED

These meters all work with a smartphone app, transferring your readings by Bluetooth, where you can view your readings, look at your history and statistics, add further information such as food, exercise and diabetes medications or insulin doses, and generate reports to share with your diabetes health professionals.



### ACCU-CHEK GUIDE & GUIDE ME

These both work with the MySugar app.  
[accu-chek.com.au/meter-systems/guide](http://accu-chek.com.au/meter-systems/guide)  
[accu-chek.com.au/meter-systems/guide-me](http://accu-chek.com.au/meter-systems/guide-me)



### TRUE METRIX AIR

This works with the True Manager Air app.  
[trividiahealth.com.au/blood-glucose-monitoring/true-metrix-air/](http://trividiahealth.com.au/blood-glucose-monitoring/true-metrix-air/)

### CONTOUR NEXT & NEXT ONE

These both work with the Contour Diabetes app.  
[diabetes.ascensia.com.au/products/contour-next-connected/](http://diabetes.ascensia.com.au/products/contour-next-connected/)  
[diabetes.ascensia.com.au/products/contour-next-one/](http://diabetes.ascensia.com.au/products/contour-next-one/)



### CARESENS N PREMIER

This works with the SmartLog app.  
[pharmacodiabetes.com.au/products/meters/blood-glucose-meters--caresens-n-premier/](http://pharmacodiabetes.com.au/products/meters/blood-glucose-meters--caresens-n-premier/)

### LIFESMART 2 TWOPLUS

This works with the LifeSmart Sugar Cheq app.  
[mylifsmart.net.au/products/blood-glucose-plus-ketone/](http://mylifsmart.net.au/products/blood-glucose-plus-ketone/)



### RIGHTEST

This works with the Rightest Care app.  
[spirit-healthcare.com.au/rightest-blood-glucose-meter](http://spirit-healthcare.com.au/rightest-blood-glucose-meter)



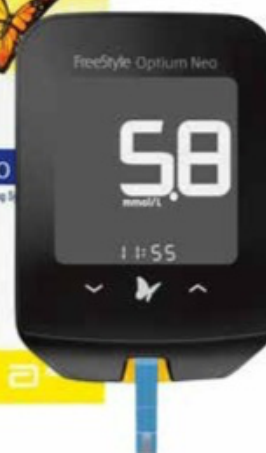
## KETONE MONITORING – two in one

These meters test for blood ketones as well as blood glucose, important for those with type 1 diabetes, particularly insulin pump users.



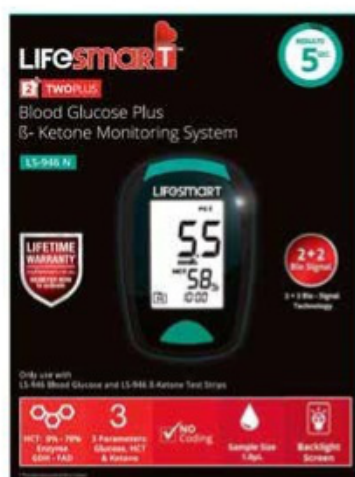
### GLUCOKEY & GLUCOKEY CONNECT

[glukokey.com.au/shop](http://glukokey.com.au/shop)  
[glukokey.com.au/shop/glukokey-connect](http://glukokey.com.au/shop/glukokey-connect)



### FREESTYLE OPTIUM NEO

[myfreestyle.com.au/products/freestyle-optium-neo-blood-glucose-ketone-monitoring-system/](http://myfreestyle.com.au/products/freestyle-optium-neo-blood-glucose-ketone-monitoring-system/)



### LIFESMART 2 TWOPLUS

[mylifsmart.net.au/products/blood-glucose-plus-ketone/](http://mylifsmart.net.au/products/blood-glucose-plus-ketone/)



### CARESENS DUAL

[pharmacodiabetes.com.au/products/meters/blood-glucose-meters--caresens-dual/](http://pharmacodiabetes.com.au/products/meters/blood-glucose-meters--caresens-dual/)

## Top tips for pain-free monitoring

- Ensure your hands are clean, dry and warm to help with getting a good drop of blood.
- Use the side of your fingertip rather than the top which you are likely to use in everyday activities.
- Choose the right depth setting on your lancet device – the shallowest setting that gives you enough blood.
- Use a different finger each time and use both sides of the fingertip.
- Change your lancets regularly – they are designed for single use and will become increasingly blunt with each use.

## TALKS TO YOU – for the sight impaired

This talking meter is suitable for the visually impaired. In addition to the talking function, the meter has a large screen and numbers and comes with an audio instruction manual.



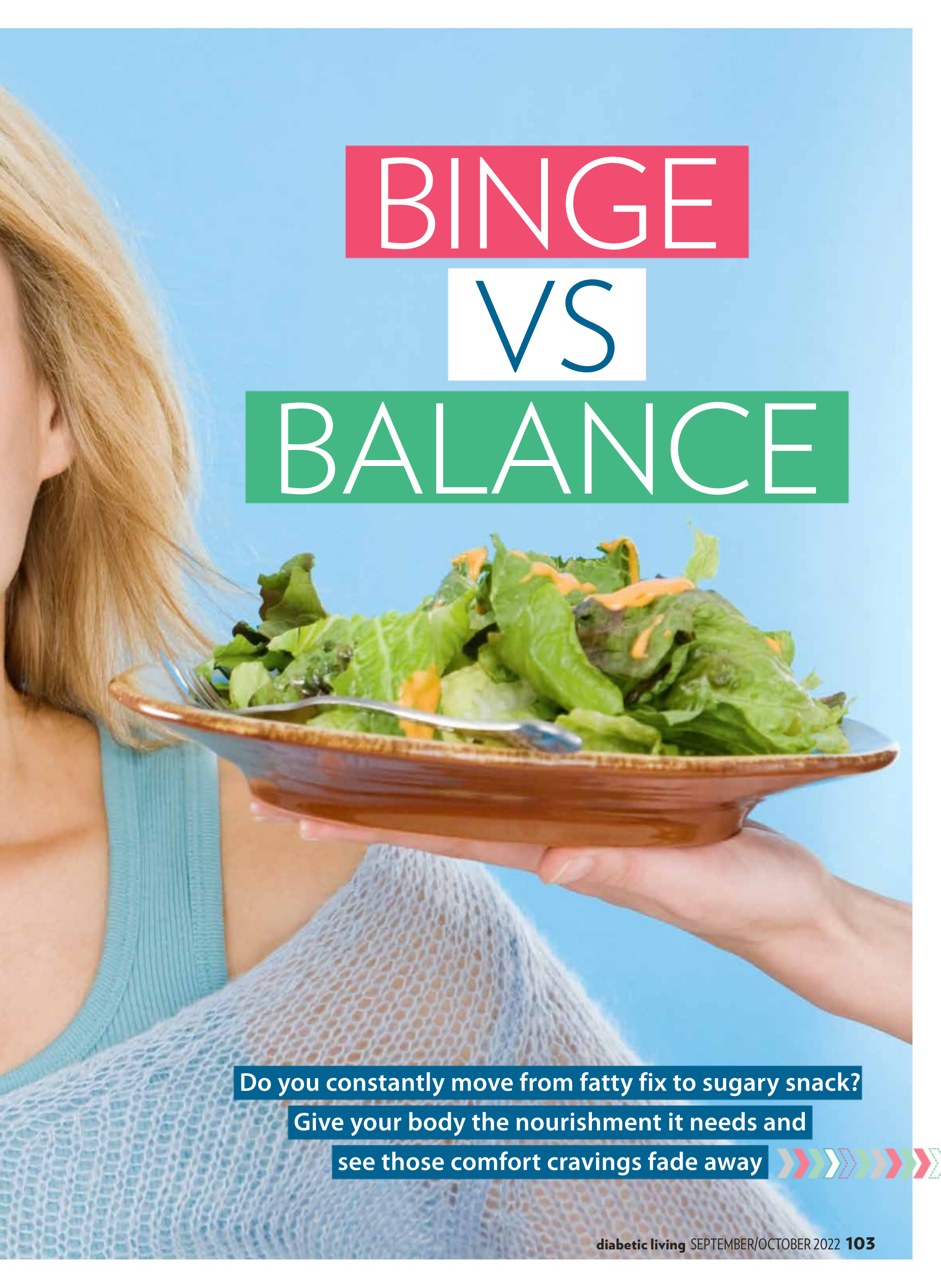
### CARESENS N VOICE

[pharmacodiabetes.com.au/products/meters/caresens-n-voice/](http://pharmacodiabetes.com.au/products/meters/caresens-n-voice/)









# BINGE VS BALANCE

Do you constantly move from fatty fix to sugary snack?  
Give your body the nourishment it needs and  
see those comfort cravings fade away



**F**ood cravings are an all-too-common winter hazard. They're often linked with low mood caused by a drop in our body's feelgood endorphins due to reduced sunlight and low temperatures.

At these times, we hunger for carb-rich foods, especially the quickly digested, high-GI kind such as cakes or biscuits.

This is because we're looking for a speedy sugar hit to raise flagging energy levels and bring a surge of serotonin, the happiness hormone. But while these so-called comfort foods may bring satisfaction with a sense of

pleasure at the taste and a spirit-lifting energy burst, this is unlikely to last long.

"Despite the comfort they tend to provide psychologically, they're likely to make us feel worse in the long run," says Professor Jane Speight, director of the Australian Centre for Behavioural Research in Diabetes. "They have a tendency to spike our blood glucose levels, which can make us feel sluggish, and this is often quickly followed by a low blood glucose level."

Such swings can cause havoc with our mood and lead to seasonal weight gain.

Few of us would argue that we feel happier, more energetic and positive when we eat a balanced, nutrient-rich diet. But despite the high rates of overweight people and obesity in Australia, some of us struggle with cravings because we are malnourished, and fill ourselves with empty kilojoules from heavily processed fast foods.

"When we do a nutritional assessment of someone who is obese, we find they may be low in antioxidants and a range of vitamins and minerals because they're not having their five daily serves of vegetables and two of fruit," says Melanie McGrice, a spokesperson for the Dietitians Association of Australia. "They may have vegetables only once a week, which disposes them to cravings, typically for fat and sugar, for fast nutrients that offer a quick surge of energy."

Yet there are plenty of foods that provide emotional comfort – effectively lifting your mood and energy levels - without that sting in the tail.

And while a balanced diet that incorporates all the essential food groups will do much to keep both your BGLs and emotions stable, you can cherry-pick your way to happiness by singling out some key foods and eating habits that will set you up for good.

### » **Fuel up early**

This is a proven mood-booster. A study found that people who eat breakfast feel happier and more relaxed throughout the morning than those who skip it. Research also shows that eating breakfast delivers a marked improvement in concentration and mental performance.

### » **Eat regularly**

When you skip or delay having your meals, it can cause your BGLs to drop too low. This will bring on feelings of irritability or depression that are liable to prompt overindulgence or eating unhealthy foods when you do get around to it.





# Your **top 5** **FEELGOOD FOODS**

Help lift your spirits by including these foods in your diet.

1



## Salmon

Salmon is rich in omega 3 fats and iodine, which are important for brain health. Fresh salmon can be baked, grilled, fried or barbecued. Use canned salmon in sandwiches, salads and pasta dishes.

## Chickpeas

These low-GI legumes are packed with folate, which is good for your heart health and may help with depression. Add them to salads and stir-fries or use them in dips, such as hummus.



2

3



## Oats

Low-GI rolled oats will give you a steady energy release, which can improve your concentration and mood. Use them to make muesli with nuts and seeds or porridge or add them to bread, muffins and biscuits.

## Chia seeds

These are great vegetarian source of omega-3 fats, which may help fight depression. Sprinkle them on cereal or yoghurt, add to bread and muffins or blend them into smoothies.



4

5



## Walnuts

Boost your brain power with walnuts – one of the few plant sources of omega-3 fats and a good source of folate. Add them to muffins, sprinkle on salads, yoghurt or muesli, or mix with fresh dates as a snack.



# Factor<sub>IN</sub> **COMFORT**

We all know how comfort foods make us feel better after we've eaten them.

They give us a feeling of security or nostalgia and bring back memories of happy times or loved ones.

While the connection we have with these foods may stretch back to childhood,

our food-mood relationships can last a lifetime. But these foods

are often not the best choices for our wellbeing or waistlines. The solution?

Include them in small amounts as part of a healthy diet or make healthier versions of your favourites.



Restricting  
carbs can  
make you feel  
irritable and  
depressed.

### » Choose *carbs* wisely

Carbohydrate foods stimulate the production of serotonin, a chemical messenger in the brain that lifts our mood – the reason carbs are top of most people's list of comfort foods.

Restricting your carbs can make you feel irritable and depressed.

“Low-carb diets make people cranky,” says Professor Jennie Brand-Miller, Professor of Human Nutrition at the University of Sydney. Her advice is to choose nutrient-rich, low-GI carbs, such as wholegrains, fruits, vegetables and legumes, to provide a steady flow of energy and keep BGLs stable. Both high and low BGL levels can drain your energy and make you feel unwell, with hypos often causing feelings of distress and anxiety. In people with type 2 diabetes, choosing low-GI rather than high-GI foods has been shown to improve alertness after a meal.

### » Eat more *omega 3s*

These essential fatty acids are an important component of our brain tissue. They've been shown to improve depression and may also control food cravings. The main sources of omega-3 fats are fish and seafood, but they are also found in some plant foods, including chia seeds, linseeds, walnuts and soy products.

### » Up your *vitamin B1*

This important vitamin, also known as thiamine, plays a role in energy production as well as muscle and nerve function. Deficiency in it has been shown to result in weakness, irritability and depression, while supplementing it has been shown to boost mood, particularly in those with low levels of B1. Good sources include wholegrain breads and cereals, pork, wheat germ and sunflower seeds.

## WALK OFF chocolate cravings

Eating chocolate can boost your mood, research reveals – most likely due to its pleasurable taste and texture. But if chocolate cravings are increasing your waistline as well as improving your mood, there is an alternative you may like to try. A study of regular chocolate eaters found that after a brisk 15-minute walk their chocolate urges were reduced, even when exposed to their favourite food.





# SAVOUR the taste

While certain foods and nutrients can improve your mental health, sharing a meal with a loved one, the simple pleasure of cooking, enjoying the smells and tastes that bring back good memories can all affect the way you feel.

## » Feed up on folate

A low-folate intake has been linked with depression, studies reveal. Folate is a B-group vitamin found in green leafy vegetables, asparagus, legumes, wholegrain breads, nuts (particularly peanuts), oranges and avocados.

## » Go European

People who stick more closely to a Mediterranean-style diet are 40-50 per cent less likely to develop depression, a Spanish study found. This diet typically contains lots of fruits, vegetables, wholegrains, legumes, nuts, fish and olive oil, with a low intake of meat, dairy products and sugar. A UK study found people on wholefood-based diets, including fruits, vegetables and fish, are much less likely to develop depression compared to those who eat manufactured products such as fried foods, processed meats, refined grains and desserts.

## » Ease up on alcohol

You may feel relaxed after a glass or two, but too much can make you feel anxious, emotional and confused. It may even lead to depression. Don't use it as a way of dealing with stress and limit alcoholic drinks to 1-2 glasses a day with a few alcohol-free days a week.

## » Cut down on coffee

Caffeine, in excess, can cause anxiety and restlessness. If you enjoy your daily latte, stick to one or two early in the day so it won't affect your sleep. Cut down gradually, too, as withdrawal can cause anxiety and headaches.

And, it's not just food that can affect your mood. Exercising, getting enough sleep and managing stress are all important for mental health. Combine these with the dietary changes and you really will feel on top of the world.



# Your **FEELGOOD** eating plan

Here's a sample menu for a day of healthy and happy eating.

|                  |                                                                                                     |
|------------------|-----------------------------------------------------------------------------------------------------|
| Breakfast        | 1 cup of cooked porridge with stewed apple, cinnamon, chia seeds and low-fat milk or soy milk.      |
| Midmorning snack | 1 banana.                                                                                           |
| Lunch            | 2 cups of pumpkin and chickpea soup with a small wholemeal grain roll.                              |
| Afternoon snack  | A small handful of walnuts and 2 squares of dark chocolate.                                         |
| Dinner           | 1 cup of wholemeal pasta with a salmon, asparagus and tomato-based sauce with a baby spinach salad. |
| Evening snack    | ½ cup of berries with a 200g tub of low-fat yoghurt.                                                |







Can't keep up with the health status of key foods in your diet? Our update on what's hot and what's not will guide you safely down the supermarket aisles.

# CHECKOUT CHOICES

You think you're eating all the right things, then lo and behold, new research pinpoints one of your favourite 'healthy' foods as the new dietary foe. Happily, it cuts both ways, as regular backflips in scientific thinking mean that once-blacklisted fare often finds its way back into favour. Here's the inside track on the foods now enjoying a fresh approval rating and others that are falling from grace.



## DIET SOFT DRINKS

Promoted as the zero-sugar alternative to the real deal, artificially sweetened drinks have always been controversial, which is largely due to safety concerns (unproven) about their use of aspartame. They are now in the spotlight for a different reason, the question being whether they actually cause weight gain. Some health professionals now argue that a diet soft drink is surrounded by a 'health halo' – the saintly glow of having made a virtuous choice that frees you up to pair your low-joule drink with a chocolate mud cake, resulting in a massive kilojoule intake. Recent animal studies also link diet soft drinks with appetite stimulation and constant cravings for another sweet fix.

## DELI MEATS

You've probably already switched to lean ham and extra-trimmed bacon as they are lower in cholesterol-raising saturated fat. But deli meats are under a number of additional health clouds. The sodium, or salt, content is very high, and eating them regularly can increase your risk of hypertension and cardiovascular problems. Also, concerns among cancer organisations about the potential cancer-causing agents, such as nitrosamines, in processed meats has prompted the Cancer Council Australia to advise us to avoid these or, at least, limit our intake. The World Cancer Research Fund International has gone as far as suggesting we ban processed ham from school lunches.

## SUPER FRUITS

In recent years, exotic fruits such as goji and acai berries were promoted as the best source of antioxidants. Many were sold as supplements and not whole fruit and slipped by the stringent regulations governing food products. Some of these claims have now been uncovered as widely exaggerated. Rather than have your fruit flown in from half way around the globe, go local. According to the CSIRO, one apple has twice the antioxidant activity of a cup of green or black tea and more antioxidants than half a punnet of blueberries – they're low GI, too.

## ALCOHOL

Do you justify a drop of red wine for its antioxidant benefits? If so, you're in good company – the scientific jury has generally agreed alcohol can offer heart-health benefits. The missing message has been how much is healthy. Most studies show it's around one standard drink (100ml wine) a day. Research also suggests alcohol is a far greater contributor to cancer than previously believed. Around 5% of all cancers and 20% of breast cancers in Australia are attributable to drinking.

## CHOCOLATE

While stearic acid, the prominent saturated fat in chocolate, doesn't have the same cholesterol-raising effect as other sources of saturated fat, like fatty meat, this doesn't justify a daily chocky fix for its health benefits. It has recently been trumpeted as a source of antioxidants for the prevention or treatment of cardiovascular disease, but research by the Heart Foundation found this is not the case. Due to the processing to remove the bitter taste, most chocolate is a poor source of antioxidants. It's advised you settle for a hot chocolate made with raw cocoa powder – the only good source of polyphenol antioxidants.

COOLING DOWN





## SUGAR

There's no better example of changing times than the issue of sugar and diabetes. Once banned completely and tainted as being 'white and deadly', we now know better. Sugar does not cause a rapid spike in BGLs. In fact, it has only a medium-GI rating, and new blends on the market, such as LoGiCane, reduce the BGL impact still further with a low GI. A little spoonful of sugar is fine to include in a diabetes-friendly diet, as long as it's counted as part of your carb intake. Aim to spread your sugar intake across the day (for example, one teaspoon at breakfast, lunch and dinner in your cup of tea) and include it with a low-GI meal or dish, where possible – just don't get carried away!

## EGGS

No longer the cholesterol culprit, eggs now even have the Heart Foundation's stamp of approval, with up to seven eggs a week being recommended for most people, with diabetes or metabolic syndrome (extra weight around your waistline, indicating visceral fat around your internal organs and a probable cholesterol problem) being no impediment to this. A recent CSIRO study examined the effect that eating eggs while on a weight-loss plan had on people with type 2 diabetes. It found that including two eggs a day as a lunchtime protein serve over 12 weeks resulted in weight loss without affecting blood triglycerides, cholesterol or glucose profiles.

HOTTING UP

## POTATOES

It's a myth that potatoes are fattening. And you don't just have to stick to sweet potatoes if you have diabetes. New varieties of white potatoes, such as Carisma, even have the Glycemic Index Foundation Certified Low GI Symbol stamp of approval. The CSIRO has found the pale-skinned Nadine also qualifies.

"Research is finally giving potatoes the credit they deserve. They are an excellent source of energy and fibre and are virtually fat free. They provide essential vitamins and minerals, such as potassium and vitamin C, and can now be included in a low- to medium-GI diet," says diabetes educator and dietitian Jo Beer.

## NUTS

These have made a comeback in recent years, with compelling research showing that regular nibbling may dramatically improve your heart health as well as help to manage weight and BGLs. Tree nuts are packed with protein, healthy polyunsaturated and mono-unsaturated fats, fibre, plant sterols and a range of vitamins and minerals, including folate, vitamin E, magnesium, potassium, copper and zinc. A Harvard University School of Public Health study found that increased nut consumption (including natural peanut butter) may improve the body's ability to balance glucose and insulin. Limit your daily intake to a small handful of dry roasted, unsalted nuts or a 30g serve.







## ANCIENT GRAINS

The benefits of fibre have been drummed into us for decades, but grain is the new buzzword here, especially for people with diabetes. Research is showing us that, as well as being rich in fibre and health-giving nutrients, ancient grains such as quinoa and freekeh – used for centuries in traditional diets – offer superior blood glucose control. If you're not a fan of wholegrain foods, advances in food technology and fortification mean you can still have your white bread and cereal and fill up on fibre, too. Just look for the Low GI Symbol on the packaging.

## Is it time for that snack?

Have you been told that six meals a day is a must for weight loss? That it will boost your metabolism and your chance of success? Tara Diversi, dietitian and co-author of *The Good Enough Diet* advises that increasing your eating opportunities can encourage greater kilojoule intake.

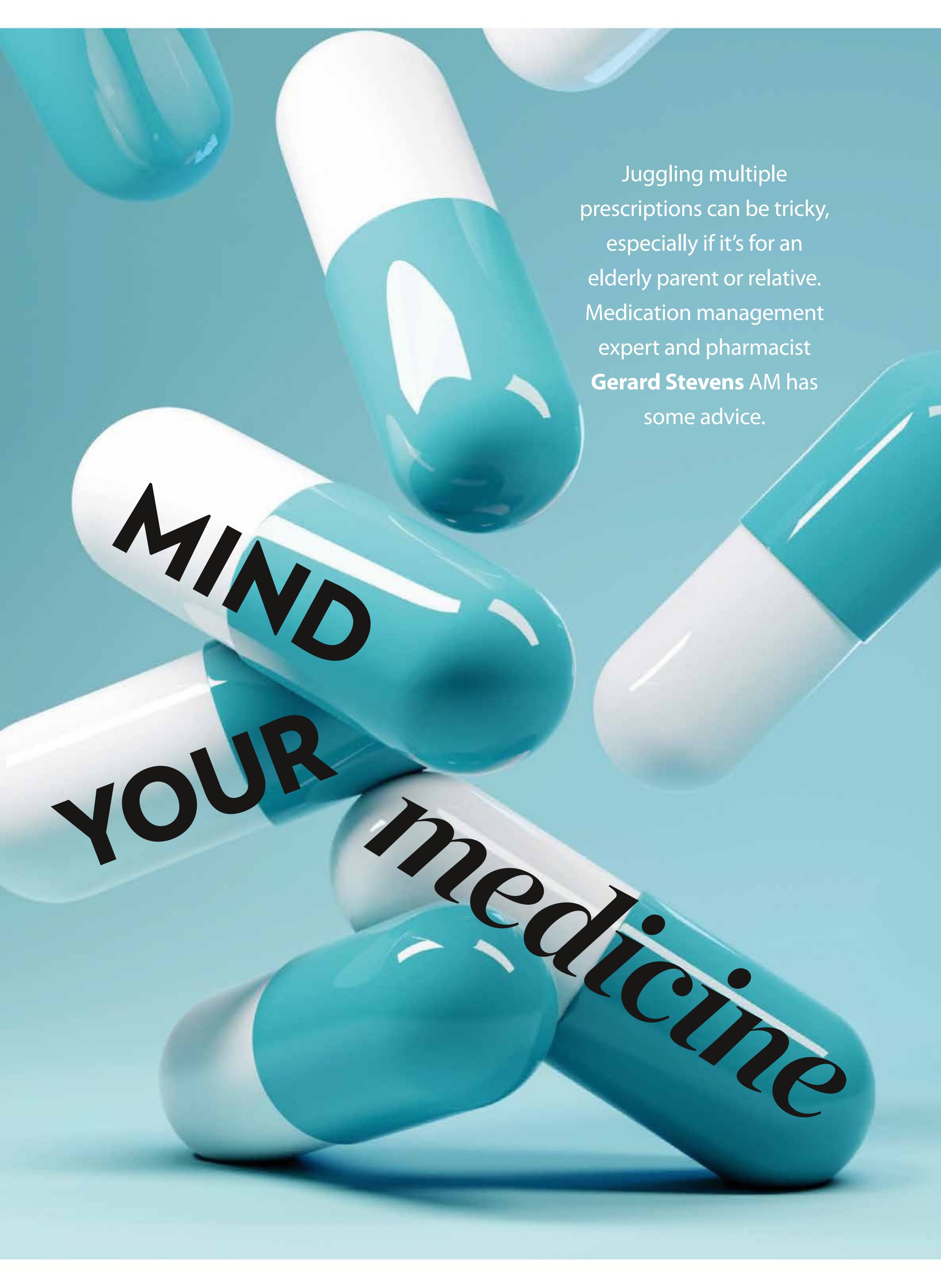
“Eating six times a day is great in theory but, in the real world, some people who snack will end up putting on weight. I've seen clients have new weight-loss success when they simply stick to eating three meals a day, because eating more regularly can mean eating more kilojoules.”

The key is to listen to your hunger signals and not just eat on autopilot if the clock says it's morning teatime. You may be able to trial skipping snacks, depending on which medications you are on. Check with your diabetes healthcare team.

“Research is finally giving potatoes the credit they deserve.”







Juggling multiple prescriptions can be tricky, especially if it's for an elderly parent or relative. Medication management expert and pharmacist **Gerard Stevens** AM has some advice.

# MIND YOUR *medicine*





he full reality of caring for an ageing parent often arises from a crisis moment. It may be due to a hospitalisation because of serious illness, a fall, or perhaps a medication misadventure.

---

In fact, research suggests that medication-related harm is responsible for up to 30 per cent of unplanned hospital admissions. The elderly are particularly vulnerable to medication-related harm because they are often taking multiple medications for multiple chronic conditions. In fact, over a third of older Australians are taking more than five medications each day. How these medications interact with each other can create problems resulting in various health incidents, including falls and confusion.

### **A CHALLENGING TIME**

A crisis moment in a parent's health can be an overwhelming clash of heightened emotions and complex family relationships. The parent-child dynamic can suddenly switch. Care often involves more than managing health and can include juggling legal and financial responsibilities. This is all the while trying to compassionately navigate a parent's

emotional concerns around their waning independence and mortality.

Geographical problems can also come into play. Not everyone lives in proximity to their parents, so being physically present is frequently not practical nor possible. And it's usually in a parent's best interest to stay connected to their local community for as long as possible.

Stepping in to support a parent's health can also involve managing a multitude of appointments, specialist contacts, forms and medical results. People are rarely prepared for the time, energy and new learnings required and it can feel like you need a PhD in how the health care system works.

### **DAILY STRUGGLES**

With an ageing population, many middle-aged Australians are experiencing the squeeze of taking on these extra responsibilities while also child-rearing, working and recently, trying to manage living in a pandemic!

A common thread in dealing with these types of crisis moments involves the management of daily medication. Medication management



therefore becomes a critical juncture in how all of these interwoven elements work together or sadly, in too many cases, fall apart. The elderly are particularly vulnerable to medication-related harm because they often take multiple medications for multiple chronic conditions, sometimes at different times of the day.

A parent or spouse may leave hospital, or enter residential care, with a long list of medications that need to be taken at different times of the day. It is often during these times when the source of primary care shifts from one site to another that errors or accidents occur.

Multiple specialists and different parts of the health system are often involved and rarely align despite the best of intentions. Add to that the likelihood that a parent's health can wax and wane, precipitating frequent changes in medications or dosages along the way.

### *There are systems and processes to help minimise the potential for error*

#### GET SORTED

It all paints a confusing, complicated, and often distressing situation. Thankfully, there are systems and processes that can help to minimise the potential for error and maximise peace of mind for all involved. For example, dosing aids like the well-known Webster-pak system, which has been designed to make managing medication simple and safer.

A person's weekly medication is set out for them by time of day in a blister pack and is a visible reminder of whether medication has been taken or not. Each Webster-pak is arranged by a pharmacist and can be regularly delivered and easily updated when medications change. It is also sealed and secure to prevent spills or mix ups. ■

#### TOP TIPS MANAGING YOUR MEDICATIONS

- Make a list of your medications and doses and add the reasons you are taking these. Take this list with you to all your medical appointments.
- Use the correct dose at the right time, as prescribed by your doctor or diabetes nurse practitioner.
- Read the information leaflet that comes with the medication or ask your pharmacist for the Consumer Medicines Information leaflet.
- Do not split or crush your tablets without checking with your pharmacist first, as it may change the way your medication works.
- If you drink alcohol, make sure your doctor knows, as some medications can cause alcohol-related hypos.
- If you need help remembering to take your medication, ask your pharmacist about using a dose administration aid such as a Webster-pak®. Each Webster-pak contains medication for one week and is arranged into four columns and seven rows. One column for each dosage time (breakfast, lunch, dinner, bedtime) and one row for each day of the week. It makes it simple to see if you have already taken your medication for a certain time of the day. Each week you will return your used pack to the pharmacy and collect your new pack. Medication can be supplied one week at a time or more than one week such as when travelling.





# NEED-TO-KNOW FACTS ABOUT... diabetes & shingles

Research suggests that living with diabetes increases the risk of developing shingles. A viral infection that causes a painful rash, shingles can have some serious complications and make managing blood glucose levels more difficult. Learn why and what you can do to protect yourself.



**1** Shingles is a serious disease. While initial symptoms include pain and burning that eventually leads to a red, blistering skin rash, as well as headache, fatigue and fever, shingles can cause severe nerve pain that lasts for months. In some cases, it can also lead to serious complications like vision loss, pneumonia and hearing problems.

**2** If you've had chickenpox, you can develop shingles. Shingles is caused by the varicella zoster virus, which is the same virus that causes chickenpox. The first time you catch that virus, you get chickenpox, but the virus stays in your body and can reactivate later in life. When this reactivation happens, it's called shingles.

**3** As an adult, you've probably had chickenpox even if you don't remember it. Routine vaccination against chickenpox began in 2005 in Australia, and since then

the incidence of chickenpox has fallen. But prior to this, most people caught chickenpox as a child, with 90 per cent of people experiencing it by their 15th birthday, some of them without displaying any of the typical chickenpox symptoms.

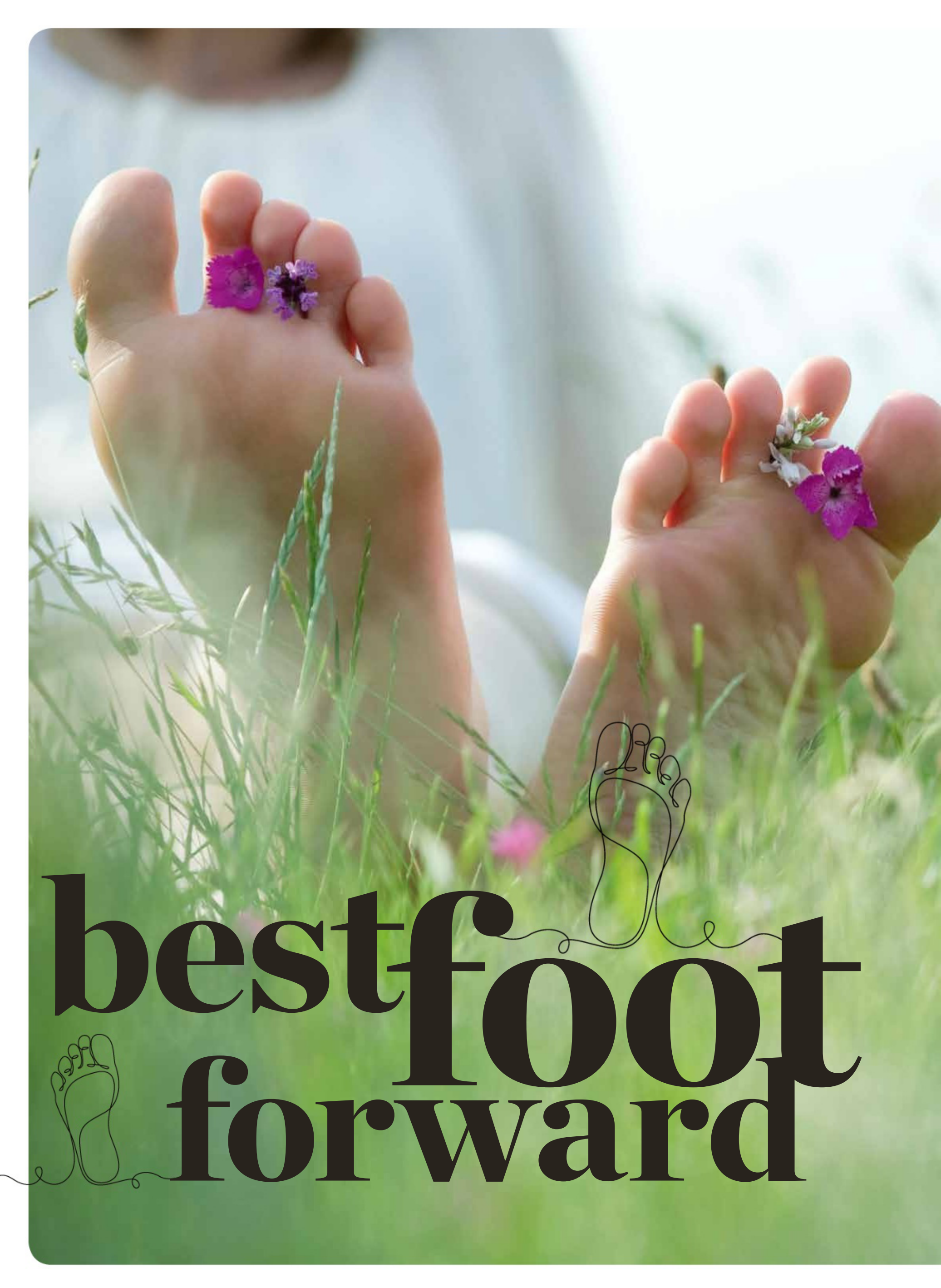
**4** Living with diabetes may increase your risk of developing shingles by 20 per cent. One explanation for this is that the elevated blood glucose levels diabetes often results in can weaken the immune system.

**5** Symptoms of shingles may be worse if you have diabetes. Research shows that when people with diabetes develop shingles, they tend to rely more heavily on healthcare services than people who don't have diabetes. This suggests that shingles causes more severe symptoms in people living with diabetes.

**6** Shingles can also make it harder to manage blood glucose levels. Research also shows that developing shingles can impact diabetes management, making maintaining good blood glucose control more challenging and causing an increase in HbA1c levels.

**7** Vaccination is an effective way to protect yourself against shingles. While getting vaccinated doesn't guarantee you won't get shingles, it significantly reduces your chances. Plus, if you do get shingles, being vaccinated is likely to make the symptoms and illness milder and shorter. Vaccination should be considered even if you don't think you've had chickenpox before or if you've already had shingles, because the vaccine works to boost your immunity against further attacks. For more information about getting the shingles vaccine, talk to your doctor. ■





best foot  
forward





**Managing your diabetes is the first step to preventing problems with your feet. The NDSS shares their advice on how to keep your feet healthy.**

People with diabetes are more likely to develop problems with their feet. You can reduce the risk by managing your diabetes and taking good care of your feet, having regular foot checks and timely treatment by a health professional. Foot problems cause less damage when detected and treated early.

**What is your risk of developing a foot problem?**

**YOU HAVE VERY LOW-RISK FEET IF YOU:**

- ▮ do not have any nerve damage in your feet
- ▮ have normal blood flow in or to your feet

**YOU HAVE LOW-RISK FEET IF YOU:**

- ▮ have reduced blood flow and weak pulses in your feet
- ▮ have reduced sensation from nerve damage in your feet
- ▮ do not have any changes in the skin or shape of your feet

**YOU HAVE MODERATE-RISK FEET IF YOU:**

- ▮ have any combination of changes in the shape, reduced blood flow and reduced sensation in your feet

**YOU HAVE HIGH-RISK FEET IF YOU HAVE ANY OF THE FOLLOWING:**

- ▮ reduced blood flow and sensation together with a history of foot ulcer, previous lower limb amputation or kidney disease

**Ask a professional**

**WHEN TO HAVE HEALTH PROFESSIONAL FOOT CHECKS**

- ▮ If you have very low-risk feet, have a yearly foot check.
- ▮ If you have low-risk feet, have your feet checked at least once a year.
- ▮ If you have moderate-risk feet, have your feet checked every 3-6 months.
- ▮ If you have high-risk feet, have your feet checked at least every 1-3 months.

See a doctor or podiatrist earlier if you notice any changes in your feet.

**What does a foot check involve?**

A foot check is done by a diabetes health professional, usually a doctor, podiatrist, or diabetes educator. The health professional will examine your feet for any current problems and decide how likely you are to develop a foot problem in the future. To do this, they will:

- ▮ look at the condition of your toenails, the skin on your feet and the shape of your feet
- ▮ feel the pulse in your feet to check the circulation (blood flow)
- ▮ check the nerves in your feet, usually by touching the soles of your feet with a thread of nylon called a monofilament
- ▮ check your shoes to make sure they are the best fit for your feet ➤





### Looking after your feet

There are several things you can do to reduce your risk of foot problems.

**Check your feet daily.** Get to know your feet and check them every day. Use a mirror or ask a family member or carer to help if you have trouble reaching your feet. Check all areas of your feet including the soles and between the toes.

#### Look for:

- dry skin or excessive moisture
- thickened skin, such as calluses or corns
- breaks in the skin, such as cracks, blisters or ulcers
- signs of infection, including redness or darker skin than usual
- any change in the shape and thickness of your nails, and any in-grown nails
- any change in the shape of your feet, such as bunions or claw toes.

**Take care of your skin.** Wash your feet every day. Be sure to dry all areas thoroughly, especially between the toes. Apply moisturiser every day but not between the toes. Keep the area between your toes dry to reduce the risk of getting fungal infections.

Avoid using over-the-counter corn cures as they can cause ulcers in people with diabetes.

**Look after your nails.** Cut your nails straight across and gently file any sharp edges with a nail file. Cutting down into the corners can cause in-grown nails. You may need to ask someone to help if you cannot reach your feet.

**Wear the right footwear.** It is important to choose your footwear carefully. Make sure your shoes fit well so they do not rub against

your feet. Fastening devices (such as laces or Velcro™) and enclosed heels can help to secure your feet in your shoes. Choose a heel height of less than 2 cm and wear seamless and well-fitting socks or stockings with your shoes. Replace your shoes when they become worn out.

### What if you have high-risk feet?

**TAKE EXTRA CARE.** Wear shoes inside and outside your home. This is because, you could have an injury that you cannot feel if you have nerve damage in your feet.

#### ALWAYS CHECK INSIDE YOUR SHOES

**BEFORE WEARING THEM.** This is important in case there is something like a loose seam or small pebble inside the shoe that could injure your foot.

**AVOID BURNS.** Keep heat packs or hot water bottles away from your feet. Make sure your heater is at least one metre away from your feet. Wear shoes and layers of socks if your feet are cold.

**SEE A PODIATRIST.** See a podiatrist regularly if you have high-risk feet. Ask your general practitioner (GP) if you are eligible for a Medicare rebate to see a podiatrist. Department of Veterans' Affairs (DVA) Gold Card holders are entitled to free podiatry services from private podiatrists. Check whether you can get a rebate for podiatry services if you have private health insurance.

**WEAR PRESCRIBED FOOTWEAR.** If you have high-risk feet, your health professional may recommend prescribed footwear and insoles. It is important to wear these correctly to reduce your risk of developing foot ulcers.





### When do you need to seek help urgently?

See a health professional urgently even if a foot injury seems minor when there is:

- ▮ any sign of infection such as discharge, continuing heat or pain in your feet
- ▮ skin breakdown such as an ulcer, bleeding or deeply cracked skin
- ▮ new pain, swelling, change in temperature or redness

### More information and support

- Go to [ndss.com.au](https://ndss.com.au) to search for the 'Annual cycle of care', 'Diabetes-related complications' and other fact sheets.
- Go to [ndss.com.au/about-diabetes/resources/find-a-resource/annual-cycle-of-care-podcasts/](https://ndss.com.au/about-diabetes/resources/find-a-resource/annual-cycle-of-care-podcasts/) to listen to Episode 5, 'Foot health and seeing a podiatrist', and other episodes in the podcast.
- Go to [footforward.org.au](https://footforward.org.au) to find out more about looking after your feet.
- Go to [healthdirect.gov.au](https://healthdirect.gov.au) to find a podiatrist near you.

### TOP TIPS

- ✓ Wash your feet every day and dry all areas and in between the toes.
- ✓ Get to know your feet and check them every day.
- ✓ Ask your diabetes health professional if you have very-low, low-, moderate-, or high-risk feet. Discuss foot checks and how to best look after your feet with them.
- ✓ See a health professional urgently for all foot injuries. ■



# Understanding SARCOPENIA

Sarcopenia is the gradual loss of muscle mass, function, and strength we experience as we age. While sarcopenia can increase the risk of developing type 2 diabetes, research is also showing that having diabetes may increase the risk of sarcopenia. *DL* magazine dietitian and diabetes educator, **Dr Kate Marsh**, explains.



**S**arcopenia is a progressive loss of muscle mass and strength as we age. It is now recognised as an independent condition by the International Classification of Diseases. Sarcopenia can be primary, which is related to ageing, or secondary, which is related to other health conditions, including diabetes.

Sarcopenia is associated with poor health outcomes, including cognitive impairment, depression, falls and fractures and mortality. It can lead to difficulties performing daily living activities and increased disability.

You might picture people with sarcopenia being thin or experiencing weight loss. However, our increasing rates of obesity have resulted in a new problem – sarcopenic obesity. This is where sarcopenia (loss of muscle mass and strength) and obesity (carrying excess body fat) exist together. And the combination appears to have more negative consequences than sarcopenia or obesity alone.

## **Why does sarcopenia increase diabetes risk?**

Having a low muscle mass can increase insulin resistance, the underlying problem in type 2 diabetes, which makes it more difficult for the body to manage blood glucose levels. Studies have shown individuals with the lowest muscle mass have twice the risk of developing type 2 diabetes compared to those with the highest muscle mass. And having low muscle mass along with higher levels of body fat increase this risk even further.

## **How does having diabetes contribute to sarcopenia?**

A 2020 systematic review and meta-analysis of 15 studies found that people with type 2 diabetes had more than a 1.5-fold higher risk of sarcopenia compared to people without diabetes. They also had a lower muscle performance and strength than the study participants without diabetes. Some researchers have suggested that ➤





### **FAST FACT**

We start losing muscle after the age of 40 years and it has been estimated that we lose around 8 per cent every 10 years up to 70 years, and 15 to 25 per cent every 10 years after this age.



sarcopenia should be considered a complication of diabetes, alongside other diabetes-related health conditions such as heart, eye, nerve and kidney problems.

So why are people with diabetes at greater risk? Research suggests that several mechanisms might contribute to the risk, including insulin resistance, chronic high blood glucose levels, inflammation, and diabetes-related complications. However, age and having a low body weight appear to be the major risk factors.

While helpful for managing blood glucose levels and cardiovascular risk factors, many of the current treatments for type 2 diabetes, particularly those which target weight loss, may also contribute to sarcopenia. This includes energy-restricted diets, certain medications and weight loss surgery.



## WHAT CAN YOU DO TO REDUCE YOUR RISK?

While we can't do anything about getting older, lifestyle changes can go a long way towards reducing the risk of sarcopenia.

■ **MOVE MORE, SIT LESS, LIFT WEIGHTS.** Regular physical activity and limiting sedentary time are important for maintaining muscle mass as we age. There is also good evidence that doing resistance training can help to increase muscle mass and strength. Resistance training can include body weight exercises, using light weights or resistance bands, or using resistance machines in a gym. If you are new to resistance training, an exercise physiologist can help to develop a safe and effective program tailored to your individual needs and abilities.

■ **OPTIMISE YOUR NUTRITION.** A healthy diet that meets all of your nutritional needs is important, focusing particularly on getting enough protein. A protein intake of 1.0-1.5g protein per kilogram of body weight per day is recommended to help with maintaining muscle mass as we age. This means that if you weigh 80kgs, you would aim for between 80 and 120g protein per day. However, high protein diets are not recommended for people with kidney disease, which is more common in people with diabetes. So speak to your

dietitian before embarking on a higher protein diet – they can help you to work out the right amount of protein for your needs and goals. There is also some evidence to suggest that having adequate vitamin D, long-chain omega-3 fats (found mainly in fish and seafood) and antioxidants may be important. And studies have found that eating more fruit and vegetables and following a Mediterranean-style diet are associated with improved physical performance and protection against muscle wasting, sarcopenia, and frailty.

■ **RE-THINK RESTRICTIVE DIETS.** Rapid weight loss and very low energy diets can cause muscle loss along with loss of body fat, particularly if not well planned. If you have weight to lose, but also want to minimise muscle loss, aiming for a moderate energy restriction and more gradual weight loss is a better option. It's also important to consider the quality of your weight-loss diet and to make sure it meets all of your nutritional needs, including adequate protein. And regular resistance training can help to prevent or reduce the muscle loss that often occurs with weight loss.

■ **REVIEW YOUR MEDS.** While optimising blood glucose levels may help to protect against sarcopenia, some types of medications commonly prescribed to treat diabetes and other related conditions could increase the risk of sarcopenia, while others may be protective. If you are taking prescription medications, discuss this with your doctor, particularly as you age and as your medication needs change. ■



AM I AT RISK?

There are several measurements which can be used to assess whether someone has sarcopenia. However, one easy-to-use screening tool is the SARC-F questionnaire. Short for strength, assistance in walking, rising from a chair, climbing stairs, and history of falls, it comprises five questions you answer yourself. If you score 4 or more on the questionnaire, you may have sarcopenia and it is recommended that you have further investigations including measures of muscle mass (using a DEXA scan), grip strength, chair stand test and walking speed.

**FALLS:** How many times have you fallen in the past year?

- None..... 0
- Less than 3 falls ..... 1
- 4 or more falls ..... 2

**STRENGTH:** How much difficulty do you have in lifting and carrying 4.5kgs?

- None..... 0
- Some ..... 1
- A lot or unable ..... 2

**ASSISTANCE IN WALKING:** How much difficulty do you have walking across a room?

- None..... 0
- Some ..... 1
- A lot, use aids or unable ..... 2

**RISE FROM A CHAIR:** How much difficulty do you have transferring from a chair or bed?

- None..... 0
- Some ..... 1
- A lot or unable without help ..... 2

**CLIMB STAIRS:** How much difficulty do you have climbing a flight of 10 stairs?

- None..... 0
- Some ..... 1
- A lot or unable ..... 2

Source: Malmstrom & Morley, 2013





# “I MIGHT END UP LIVING 10 TO 15 YEARS LONGER”

Determined to look on the bright side of having his right leg amputated in December last year, since then 61-year-old **Gary Rose** has lost 23kg – and counting – and says the type 2 diabetes he’s lived with for 15 years is under better control than ever.

One Friday night last December, I noticed a small red mark in between my little toe and the next one, on my right foot. It didn’t look too bad so I just figured I’d rest it, and it’d be fine. The next morning it was a little bit worse, but we were just coming out of Covid, my wife was away visiting our daughter interstate and I’ve never been one to rush straight off to the doctor, so I left it.

“But on Sunday morning it looked significantly worse. I called my son and asked him to take me to the emergency department at our local hospital. I thought maybe I needed some antibiotics.

“When I got there, they sent photos of my foot off to a vascular surgeon, who said she was coming in. She told me I had sepsis and we needed to operate – immediately.

“When I woke up I discovered they’d had to remove all of the toes from my right foot. But, as bad as that was, because they’d told me before I went under anaesthetic, that they might have to take my foot but wouldn’t know what they were dealing with until they started operating, I felt pretty positive.

“But then the surgeon came back two days later and said I needed more surgery. I wasn’t out of the woods as far as the sepsis was concerned, and this time I had my foot amputated.

“An angiogram a couple of days later showed that even that hadn’t done the trick. I was unlucky – it was like a sepsis bomb had exploded in my foot and because of my diabetes, I couldn’t fight it.

“So five days later, I had my third operation to remove my leg below the knee. It was Christmas and combined with Covid, it meant that no one could come and visit. I was alone in hospital for three weeks. It was pretty stressful.”

## The turning point

“Just a few weeks before I developed sepsis, I’d started Be Fit Food’s weight-loss program, ordering meals online and eating them every day. And I dropped about six kilograms really easily. My

hospital stay and losing my leg threw a spanner in the works, but once I got home, I was more determined than ever to lose weight.

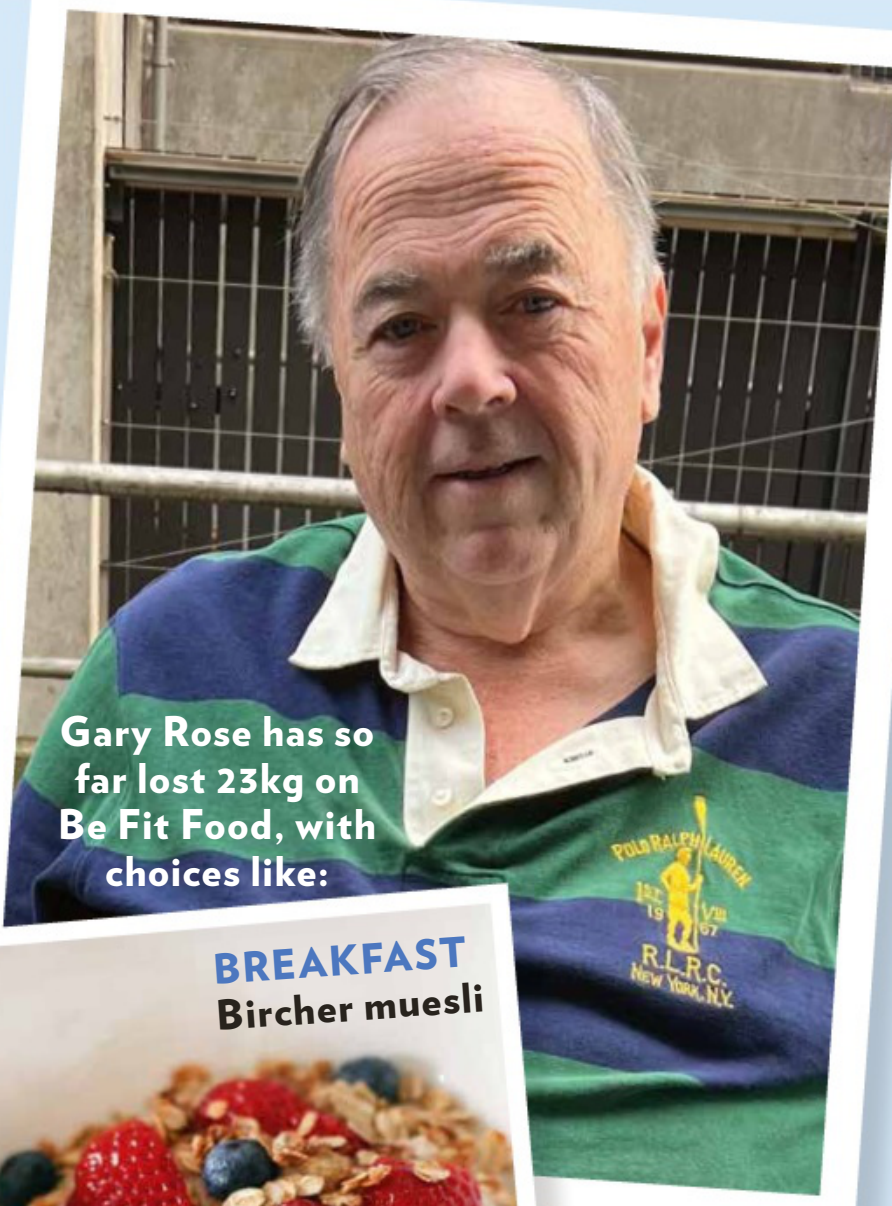
“Since being diagnosed with type 2 diabetes 15 years ago, I’d tried to do that several times before. I’d lose a few kilograms and put them back on and to be honest, I probably never really took my diabetes seriously enough. It’s like a silent disease that doesn’t really impact you in the beginning, so it’s easy to take the medication you’ve been prescribed and forget all about it.

“I’ve tried so many diets, including loads of shakes and meals you can



“It doesn’t taste like diet food so it’s actually enjoyable to eat.”





**Gary Rose has so far lost 23kg on Be Fit Food, with choices like:**



**BREAKFAST**  
**Bircher muesli**



**LUNCH**  
**Spanish omelette**



**DINNER**  
**Beef lasagne**



**SNACKS**  
**Protein balls**

buy from the supermarket, but nothing ever stuck because it all tasted a bit like cardboard. I'd start off really well, but as soon as I ate a meal out for a social occasion or drifted off the program for a day, I found it really hard to get back on it. Plus eating has always been a stress release for me, so it was difficult.

"But Be Fit Food is different. It doesn't taste like diet food so it's actually enjoyable to eat, which for me, means it's sustainable. And it's easy. You just heat a meal up in the microwave and it's good to go. Since getting back on Be Fit Food after my operation, I've lost 23kg and have about another 20kg to go. I'm determined to lose it."

### Fit for the future

"I had a bit of a setback in March, when I got an infection in my amputation wound. I needed more surgery to clean that up, but I'm on track now to start the process of being fitted for a prosthetic. That's so important to me because I want to be able to swim again, play golf again and travel overseas again. Losing my leg has been such an eye-opening experience. Until it happens to you, you have no idea how inaccessible everything is, in a wheelchair. It's shocking.

"Do I look back and wish I'd taken better care of myself and my diabetes years ago? Sure, but I can't dwell on that. I can't grow another leg, but what I can do is do everything in my power to keep losing weight and improve my health, because I know I need to make sure that my left leg stays perfect.

"Having lost 23kg, I've already been able to stop taking my blood pressure tablets and my diabetes medication has been significantly reduced, too.

"As strange as it sounds, the positive to come out of all of this is that I might end up living 10 to 15 years longer than if I'd kept both of my feet. I can't go back and change the past, but I'm doing what I can to have a healthier future." ■



## SUBSCRIPTION ORDER FORM

☒ **YES!** I would like to subscribe to *Diabetic Living*

### PAYMENT OPTIONS (Australian rates)

I wish to subscribe for (tick one only)

Me Gift

☐ ☐ 1 Year Print Only (6 issues) \$35.00 SAVE 31% (DLMC\_6\_3500\_A)

\*Credit card auto renewal

☐ ☐ 1 Year Print Only (6 issues) \$40.00 SAVE 22% (DLMA\_6\_4000)

\*Upfront payment

☐ ☐ 2 Years Print Only (12 issues) \$74.99 SAVE 26% (DLMA\_12\_7499)

\*Upfront payment

☐ I already subscribe. Please extend my subscription with the offer selected above.

For overseas rates, visit [magshop.com.au/DL29](http://magshop.com.au/DL29)

### MY DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Email: \_\_\_\_\_

### GIFT RECIPIENT DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

### PAYMENT DETAILS:

Cheque/money order for \$\_\_\_\_\_ is enclosed payable to *Magshop*

or charge my: ☐ Visa ☐ MasterCard ☐ Amex

Card no.:

Cardholder's name: (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Expiry date: \_\_\_\_\_ / \_\_\_\_\_

Please photocopy this order form for additional subscriptions

### OFFER ENDS OCTOBER 12, 2022

#### SUBSCRIBING IS EASY

☎ 136 116 and quote M229DLM  
Monday to Friday 8am–6pm AEDST.  
Overseas dial +61 2 8667 5100

🖱 [magshop.com.au/DL29](http://magshop.com.au/DL29)

✉ Send original or copy of this coupon (no stamp required) to:  
**Magshop Reply Paid 5252**  
**Sydney, NSW, 2000**  
**M229COUP**

\*Savings based on 6 issues auto-renewal subscription. After your first 6 issues, your selected recurring payment option ensures your subscription will continue at \$35 every 6 issues. You can cancel your subscription at any time and you will continue to receive magazines delivered through to the end of your billing period. We do not provide refunds on partial billing periods. Offer valid for Australian deliveries only from August 18, 2022 to October 12th, 2022. By including your email address, Diabetic Living will keep you informed of offers and updates from our publisher, Are Media, and specially selected partners. ☐ Please tick if you'd prefer to not receive offers and updates from Are Media and specially selected partners. Our Privacy Policy can be found at [aremedia.com.au/privacy](http://aremedia.com.au/privacy) and includes important information about our collection, use and disclosure of your personal information (including the provision of targeted advertising based on your online activities). It explains that if you do not provide us with information we have requested from you, we may not be able to provide you with the goods and services you require. It also explains how you can access or seek correction of your personal information, how you can complain about a breach of the Australian Privacy Principles and how we will deal with a complaint of that nature.



## Editor's note

As a trusted source of day-to-day inspiration and information for people with diabetes and their carers, *Diabetic Living* is always here for you!

Subscribe today to get great-tasting healthy recipes, expert advice from diabetes professionals, real-life stories and more. Grab it today and receive 6 issues of *Diabetic Living* for **JUST \$35.00** – you'll save 31% off the cover price!

*Alix*

Alix Davis, Editor

## 3 GREAT REASONS TO SUBSCRIBE!

- ➔ **6 ISSUES (1 YEAR) FOR \$35 - SAVE 31%**
- ➔ The only dedicated lifestyle brand serving the needs of people living with diabetes
- ➔ With over 40 great tasting recipes, tested and approved by an accredited dietician
- ➔ **FREE DELIVERY** to your home or office



**136 116 and quote M229DLM**



# SUBSCRIBE TO

AUSTRALIAN

# diabetic

LIVING

# AND SAVE UP TO 31%

---



Offer ends October 12th, 2022



[magshop.com.au/DL29](https://magshop.com.au/DL29)



# YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 4 |   |   | 5 |   |   | 3 |
| 8 | 1 |   |   |   |   |   |   |   |
|   |   | 5 | 4 | 8 |   | 9 |   |   |
| 2 | 5 | 7 |   | 1 |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
| 1 |   |   | 6 |   | 9 |   |   |   |
|   | 9 |   |   |   |   |   | 3 | 1 |
|   | 4 | 6 |   |   |   |   |   | 2 |
| 3 |   |   |   |   | 4 | 8 |   |   |

## CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

*For solutions, see page 130.*

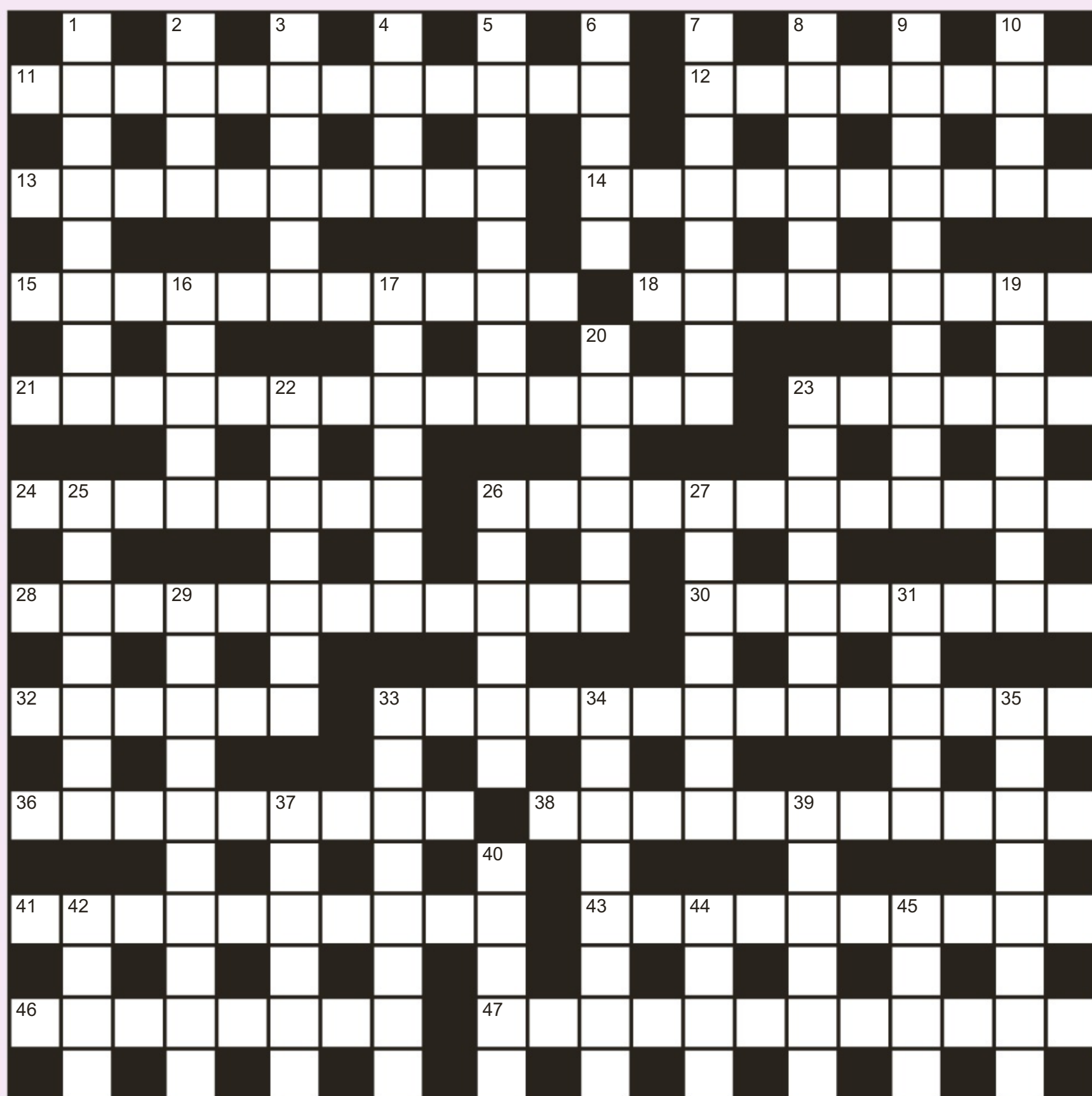
### ACROSS

- 11** Equally skilled with both hands (12)
- 12** Cosmetic pencil (8)
- 13** Deified (10)
- 14** Successor, family member (10)
- 15** --- in Love, film (11)
- 18** Abridged (9)

- 21** Survey, especially of land (14)
- 23** Short (6)
- 24** Offend again (8)
- 26** Loose robe (8,4)
- 28** Old English song (12)
- 30** Whole numbers (8)
- 32** Aviators (6)
- 33** Achievement (14)

- 36** Psychologically painful (9)
- 38** Commotion (11)
- 41** Electronic component (10)
- 43** Dobber (6,4)
- 46** Female jackaroo (8)
- 47** Pure essence (12)





## DOWN

- 1** Blended fruit and milk drink (8)  
**2** Comes first in the race (4)  
**3** Intelligence (6)  
**4** Halt, cease (4)  
**5** Central American country (8)  
**6** Stage whisper (5)  
**7** Wedge-shaped stone at top of arch (8)  
**8** Protect (6)  
**9** Doomed German airship (10)  
**10** Avid (4)

- 16** Japanese city (5)  
**17** Biblical missive, eg (7)  
**19** Authorise (7)  
**20** Except if (6)  
**22** Formidable rival (7)  
**23** Upper houses of parliaments (7)  
**25** Previously, before (7)  
**26** Contrivance (6)  
**27** Type of frying pan (7)  
**29** Movingly expressive in speech (10)  
**31** Third Greek letter (5)

- 33** Art of flying (8)  
**34** Keep up (8)  
**35** Band of gems worn around neck (8)  
**37** Bird house (6)  
**39** Savour (6)  
**40** Native of Baghdad (5)  
**42** Vex (4)  
**44** British National Gallery (4)  
**45** Layer (4)



CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that Y=7, T=23, and P=26. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 6  | 16 | 26 | 1  | 12 | 2  |    | 8  | 17 | 25 | 10 | 7  | 17 | 1  |    | 24 | 10 | 24 | 5  | 12 | 22 |
|    | 11 |    | 25 |    | 12 |    | 5  |    | 3  |    | 17 |    | 3  |    | 22 |    | 12 |    | 15 |    |
| 7  | 10 | 10 | 22 |    | 19 | 5  | 10 | 20 | 22 |    | 23 | 22 | 16 | 11 | 17 |    | 15 | 10 | 14 | 17 |
|    | 22 |    | 20 |    | 19 |    | 10 |    | 13 |    | 16 |    | 17 |    | 14 |    | 16 |    | 16 |    |
| 1  | 13 | 7  | 8  | 10 | 5  |    | 7  | 20 | 1  | 16 | 25 | 12 | 5  |    | 17 | 21 | 25 | 17 | 24 | 14 |
|    |    | 12 |    |    | 17 | 4  | 17 |    | 12 |    |    |    | 23 | 20 | 21 |    |    |    | 12 |    |
| 6  | 10 | 13 | 10 | 20 | 1  |    | 23 | 16 | 5  | 12 | 14 | 17 | 1  |    | 14 | 13 | 24 | 16 | 1  | 14 |
|    | 8  |    | 2  |    |    |    |    | 16 |    | 22 |    |    |    |    |    | 17 |    | 14 |    |    |
| 25 | 5  | 16 | 15 | 16 | 25 |    | 20 | 24 | 1  | 14 | 12 | 22 | 14 |    | 12 | 7  | 12 | 9  | 10 | 15 |
|    | 16 |    |    |    | 16 | 15 | 15 |    |    | 15 |    | 17 | 15 | 23 |    |    | 17 |    |    |    |
| 1  | 18 | 20 | 16 | 15 | 14 |    | 25 | 5  | 12 | 1  | 1  | 17 | 1  |    | 12 | 26 | 17 | 15 | 14 | 1  |
|    | 20 |    | 26 |    | 16 |    | 12 |    | 22 |    | 24 |    | 14 |    | 24 |    | 18 |    | 20 |    |
| 9  | 17 | 12 | 5  |    | 9  | 10 | 15 | 17 | 1  |    | 16 | 15 | 17 | 24 | 14 |    | 20 | 22 | 15 | 1  |
|    | 5  |    | 10 |    | 17 |    | 15 |    | 10 |    | 22 |    | 22 |    | 17 |    | 12 |    | 17 |    |
| 14 | 13 | 25 | 10 | 10 | 15 |    | 13 | 12 | 15 | 4  | 17 | 17 | 1  |    | 23 | 17 | 5  | 20 | 23 | 17 |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| S  |    |    |    |    |    |    | B  |    |    |    |    |    |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|    |    |    |    |    |    |    |    |    |    |    | C  |    |

Turn upside down for puzzle solutions

**Across:** 11 Ambidextrous, 12 Eyeliner, 13 Worshipped, 14 Descendant, 15 Shakespeare, 18 Condensed, 21 Reconnaissance, 23 Stumpy, 24 Reconnect, 26 Dressing Gown, 28 Greensleeves, 30 Integers, 32 Pilots, 33 Accomplishment, 36 Traumatic, 38 Disturbance, 41 Transistor, 43 Tattle Tale, 46 Jiliaroo, 47 Quintessence.  
**Down:** 1 Smoothie, 2 Wins, 3 Genius, 4 Stop, 5 Honduras, 6 Aside, 7 Keystone, 8 Defend, 9 Hindenburg, 10 Keen, 16 Kyoto, 17 Epistle, 19 Empower, 20 Unless, 22 Nemesis, 23 Senates, 25 Earlier, 26 Device, 27 Skillet, 29 Eloquent, 31 Gamma, 33 Aviation, 34 Maintain, 35 Necklace, 37 Avary, 39 Relish, 40 Iraq, 42 Roil, 44 Tate, 45 Tier.

Crossword

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 7 | 4 | 2 | 6 | 5 | 1 | 8 | 3 |
| 8 | 1 | 2 | 3 | 9 | 7 | 5 | 6 | 4 |
| 6 | 3 | 5 | 4 | 8 | 1 | 9 | 2 | 7 |
| 2 | 5 | 7 | 8 | 1 | 3 | 6 | 4 | 9 |
| 4 | 6 | 9 | 7 | 5 | 2 | 3 | 1 | 8 |
| 1 | 8 | 3 | 6 | 4 | 9 | 2 | 7 | 5 |
| 7 | 9 | 8 | 5 | 2 | 6 | 4 | 3 | 1 |
| 5 | 4 | 6 | 1 | 3 | 8 | 7 | 9 | 2 |
| 3 | 2 | 1 | 9 | 7 | 4 | 8 | 5 | 6 |

Sudoku

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | I | G | S | A | W | B | E | C | O | M | E | S | P | O | P | L | A | R |
| M | O | R | F | L | O | R | D | R | I | V | E | N | O | I | E |   |   |   |
| S | Y | M | B | O | L | M | U | S | I | C | A | L | E | X | C | E | P | T |
| J | O | Y | O | U | S | D | I | L | A | T | E | S | T | Y | P | I | S | T |
| B | W |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C | L | I | N | I | C | U | P | S | T | A | R | T | A | M | A | Z | O | N |
| I |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| S | O | U | I | N | T | C | L | A | S | S | E | S | A | G | E | N | T | S |
| U | G | I | A | S | I | N | E | S | I | N | E | P | T | P | Q | U |   |   |
| Z | E | A | L | Z | O | N | E | S | I | N | E | P | T | P | Q | U |   |   |
| L | O | O | E | N | O | R | E | S | R | E | A |   |   |   |   |   |   |   |
| T | Y | C | O | O | N |   |   |   |   |   |   |   |   |   |   |   |   |   |

Code Cracker





# HELP IS AT HAND

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

**DIABETES AUSTRALIA** This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit [diabetesaustralia.com.au](https://diabetesaustralia.com.au).

## **THE NATIONAL DIABETES SERVICES SCHEME (NDSS)**

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit [ndss.com.au](https://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

## **AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)**

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to [adea.com.au](https://adea.com.au) to use the 'Find a CDE' service or call **(02) 6173 1000**.

## **JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)**

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to [jdrf.org.au](https://jdrf.org.au) to find out more.

**FOOT FORWARD** Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit [footforward.org.au](https://footforward.org.au)

**KEEPSIGHT** As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit [keepsight.org.au](https://keepsight.org.au)

**MYDESMOND** Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to [mydesmondaustralia.com.au](https://mydesmondaustralia.com.au) to join.

## **NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit [ndis.gov.au](https://ndis.gov.au) or call **1800 800 110** for more information.



# EASY TO SPOIL



TREAT YOURSELF  
OR SOMEONE SPECIAL

hardtofind.

HARDTOFIND.COM.AU